

Boeing Long Beach Fitness Center Employee Showcase: May 2010

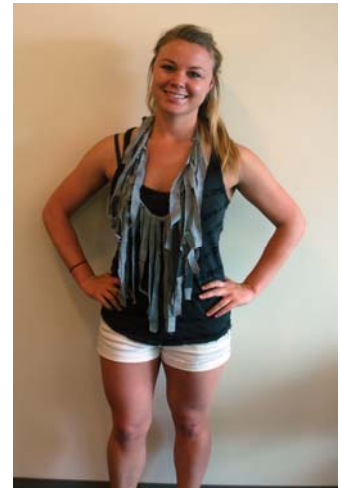
The Boeing Long Beach Fitness Center would like to congratulate Brent Theodore and Erin Heider for being selected the May 2010 participants of the month. Brent and Erin were selected because of their outstanding commitment to exercise and fitness, displayed by their performance during the 2010 Weight Loss Challenge. This 10 week program asked participants to lose excess body fat through moderate exercise and healthy eating. Brent, who lost 21.4 pounds and 9.6% of his body weight, finished first in the men's category. Erin led the women's category with a total weight loss of 12.2 pounds, 8.4% of her body weight.

Brent Theodore, a Systems Engineer, has been with Boeing for 27 Years and an avid Fitness Center exerciser for 25 years. He used the Rockwell and Seal Beach facilities before the Long Beach Fitness Center opened in 2006. Growing up Brent played baseball, football, and soccer. He ran cross country and track in high school, and continued with softball, biking, and snow skiing when he started his career. Brent was recently taken off cholesterol medication after lowering his cholesterol by nearly 40 mg/dl which he attributes to bike riding consistently throughout the week. Brent also recently finished the "Race on the Base" Triathlon in February. Through biking and stretching in Yoga regularly, Brent has also been able to rehabilitate a knee injury that he developed 15 years ago, something doctors were not successful in helping with. These activities contributed greatly to his Triathlon training and performance.



Brent's current fitness goal is to lose another 18 pounds which he plans to accomplish through regular exercise and sticking to the "Weight Watchers" eating plan. Brent wants new Fitness Center users to know that exercise aids in increasing energy. "After work I am tired and if I go home I know that I will sit around the house until I go to bed. When I go to the gym, I am completely revitalized" He really stresses the fact that individuals need to make time in their day for some type of exercise. Only then will people have better health and a better quality of life.

Erin Heider, daughter of Boeing employee Emma Heider, is currently a full time student at California State University Long Beach and has been a Fitness Center user for 2 years. Erin recently accomplished her weight loss goal of 30 pounds. She attributes this accomplishment to dietary changes and regular cardiovascular exercise. Growing up Erin participated in competitive swimming and water polo, and when these activities ended she began to see weight gain. Erin eventually learned that she needed to make more time for her health goals. She started devoting small portions of each day to physical activity, slowly increasing her work load until she met her goal. Erin has recently started incorporating weight training and kickboxing classes into her weekly workout, focusing on gaining more muscle and strength throughout the body. She enjoys resistance training because she can isolate individual body parts and really focus on her weaker areas. Outside the Fitness Center Erin enjoys snowboarding. Her current idol athlete is Gretchen Bleiler, a professional female snowboarder who recently competed in the 2010 Winter Olympics. "I admire her because of her amazing skills in this predominately male dominated sport. The fact that Gretchen uses so many different forms of cross training to help improve her performance is also amazing". For this reason, Erin has also begun to try new forms of exercise, some of which include surfing, biking, and yoga. Erin has a few suggestions for new fitness center users "Make a promise to stick with it. Fitness can be fun and rewarding if you make a conscious decision to lead a healthier lifestyle. No matter what happens, don't give up."



Congratulations Brent and Erin for being selected the May 2010 participants of the month. Keep working hard in continuing to reach your goals.