

LONG BEACH FITNESS CENTER EMPLOYEE SHOWCASE
April, 2010



The Boeing Long Beach Fitness Center would like to recognize Mike Perez as our Employee Participant of the Month for April, 2010. Mike is currently a Business Planning Analyst for the C17 Air Vehicle Business Operations and has been with the company for more than 4 years. Since the opening of the Long Beach Fitness Center in June 2006, Mike has been one of Boeing's most active and consistent exercisers.

Mike became interested in fitness as a young man following Jr. high school and began lifting weights in high school to ensure that he could hold his own and gain a competitive edge while participating in varsity wrestling and baseball. Since then, Mike has come to realize the various benefits that consistent exercise and healthy living can have not only for one's physical condition, but for a person's overall outlook on life.

"I firmly believe that exercise improves a person's quality of life," he said. "It helps me relieve stress, build confidence, and improve my self esteem. On a social level, the LB Fitness Center has given me the opportunity to meet and network with various individuals within the company that I otherwise would not have been able to". Mike enjoys both resistance and cardio training and currently works 1 major muscle group per session to compliment daily abdominal and cardiovascular training. Mike plans to continue, "leaning out" and hopes to get into the best shape of his life, especially for the upcoming summer months.

Fortunately, Mike has never encountered a serious injury to hinder his training, but everyone deals with constraints from time to time. Mike earned his MBA degree from Pepperdine University last August, and while doing so he was forced to alter his training routines in order to make sure he could put enough time into school. "Two things I always tell myself when working out are, Don't Give Up, and One More! I constantly try to tell myself to get one more repetition in whenever possible."

Mike always brings a positive and motivational attitude to the fitness center and the Long Beach staff congratulates Mike Perez on being selected our April Participant of the month! See you at the fitness center!