



LONG BEACH FITNESS CENTER SHOWCASE EMPLOYEE PROFILE

July 2008

Boeing Lead Technical Illustrator for 19 years, Tony Reppucci, began using the Long Beach Fitness Center (LBFC) 2 years ago when the doors opened. Prior to the opening of the Center Tony frequented 24 Hour Fitness clubs. He immediately got hooked with the lack of crowds, availability and wide variety of equipment in comparison to the public gyms.

Tony had his own routine for some time, and although he was maintaining his strength, he made little progress toward his goal to 'lean out'. He decided to ask for fitness advice offered by the Fitness Specialists at LBFC, and with his readiness to change he was successful.

Tony tweaked his workout sessions by increasing his cardio sessions to 60 minutes, 5 to 6 times per week, and lifting during his lunch break 4 to 5 times per week. Tony loves to eat, but nonetheless implemented some small changes in his diet by eliminating obvious junk and unnecessary sugar foods, although he still indulges the occasional treat. Over the course of one year Tony has lost 18 lbs of fat, just by being consistent!

Tony's most challenging activity is the Cycle class. He hasn't become a regular yet, but enjoys jumping in now and then just to "mix it up." Tony's current focus is to maintain his weight and strength, but continue to lean out. He now feels much stronger with his favorite pastime activity, riding dirt bikes out in the desert with his family and friends.

To succeed with change, Tony says "Consistency is the key. Don't give up. Results will come to you if you stick with your workout program and challenge yourself."

We salute Tony in his accomplishments and dedication to his health and fitness level! Congratulations to Tony as our July, 2008 Fitness Center Showcase Employee!