

# QUARTERLY NEWSLETTER

**BOEING**  
**Long Beach Fitness**  
boeinglongbeachfitnesscenter.com

562-427-3462  
APRIL 09 - JUNE 09

"Take care of your body; it's the only place you have to live." - Jim Rohn

## Upcoming Events

### July 2009

- Just Dance!
- Blood Drive
- Total Arms Workshop
- Tennis Tourney

### August 2009

- Stress Lecture

### Sept 2009

- Hip Workshop
- Men's Health Lecture
- Health Expo
- K2 Challenge

## Boeing Seal Beach Fitness Center

### July 2009

- Blood Drive
- Alternative Health Lecture
- Elder Care Lecture
- Shall We Dance

### August 2009

- Health & Wellness Expo

### September 2009

- Men's Health Lecture
- Fall Cardio Challenge
- Blood Chemistry

*Apples, not caffeine,  
are more efficient at  
waking you up in the  
morning.*

## Fitness Fun Facts



*Walking at a brisk  
pace (15-minute mile  
or 4 mph) burns  
almost as many  
calories as jogging for  
the same distance.*



## Active for Life



## Walk it Off

National Employee Health and Fitness Day



Our 6 Week Active for Life program featured activities promoting various types of movement and exercise, ranging from Krav Maga (self-defense) to rolling Bocce balls at Backyard Games. The activities culminated with our 2nd annual Walk It Off event where over 500 Employees took a break from their busy day and strolled to the Fitness Center where they were rewarded with lunch and a t-shirt. Thank you to those who participated in one or more of our Active for Life events in support of the American Cancer Society.



## FitCLUB's Top 5

1. Charlie Fong
2. Robert Navarro
3. Amar Amin
4. Kevin Law
5. Tien Luong



Level 1  
160 pts

Current as of 6/2009

## Pedometer Club's Top 5

1. Leonard Whitehead
2. Sharon Collier
3. Sean Ho
4. Gwen Nakahara
5. Charlie Fong



Level 1  
400 miles

Current as of 6/2009

## Fitness News

"Meditation in Motion" a self-paced system of exercise and stretching, promoting serenity through movement. Come join our new Wednesday night class (5:00pm)  
**TAIJI (AKA TAI CHI)**



## Sports

## Sand Volleyball League

Wednesday night league is currently ongoing.  
New league will commence in July.

