

BOEING Long Beach Fitness

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NEWSLETTER

April- June 2011

"We are what we repeatedly do. Excellence, therefore, is not an act but a habit"

Upcoming Events

April 2011

- Sand Volleyball League
- Active for Life
- Blood Drive

May

- Active for Life Cont.
- Walk it Off!

June

- Catalina Cardio Challenge
- Skin Cancer Lecture
- SCAN VAN
- Sand Volleyball Season II

Boeing Seal Beach Fitness Center

Upcoming Events

April 2011

- Active for Life
- Blood Drive

May

- Walk it Off!
- Active for Life Cont.

June

- Countdown to Summer
- Cancer Lecutre

ACTIVE FOR LIFE 2011

April 27



Runners High
Foot Analysis

May 4



DRUMS
ALIVE

May 11



Run 4
Your Life

May 18



National Health
& Fitness Day

Fitness & Programs



Catalina Cardio Challenge

Coming in June

Signup to take a virtual trip to Catalina and back. Cardio Challenge requires participants to complete 60 miles of activity in 3 weeks. Complete the journey and earn a prize!

SKIN CANCER LECTURE



Coming in June

Learn the healthiest ways to deal with the upcoming summer heat in this 1 hour lecture on Skin Cancer.

Wednesday, June 22nd from 11:30-12:30.

Co-ed Sand Volleyball League



Starts April 13th, Every Wednesday Evening

Sand Volleyball League will begin in April and leagues will run back to back throughout the Spring and Summer. Rosters available at the fitness center or call for more info. Individual Sign-ups welcome!



Employees in action!



Fit Club & Pedometer Club

2011 Fit Club Top 5

1. Peter Francis
2. Mike Luong
3. Lew Bumacod
4. Wilson Kwong
5. Mike Cabot

Sign-up for the Fit Club and earn points for completing your regular exercise routines. Earn enough points and you're eligible to receive fitness center incentives.

2011 Pedo Club Top 5

1. Leonard whitehead
2. Wilson Kwong
3. Linda Barns
4. Missy Brost
5. Nancy Tsay

Join the Pedometer Club for 2011 and walk your way to better health and earn fitness center incentives along the way.

5 ways to keep yourself motivated.

1. Try something new. Altering your routine is the best way to keep progressing.
2. Up the intensity! Push yourself more every workout.
3. Spread the word. Convince a friend to get into the gym with you and everyone wins.
4. Reward yourself. When you reach a goal, treat yourself to something exciting.
5. Find yourself an exercise related challenge and go for it!! (5K, Triathlon, etc..)