

LONG BEACH FITNESS CENTER SHOWCASE EMPLOYEE PROFILE

Kelly Lee has worked at Boeing for 17 years as an integrated scheduler and has been a regular at the fitness center for 6 months.

Kelly first decided to make an appointment at the Long Beach Boeing Fitness Center to have her fitness assessed. She wanted to know her current fitness status as well as what areas needed the most improvement.



Being a Working Mom with 2 kids, after a full day at work she was always feeling tired and would fatigue easily. She thought a fitness program would be a way to boost up her energy level. In addition, she had done research and found a key reason women have trouble losing weight after the age of 40 is that they begin to lose muscle tissue which in return lowers your daily caloric expenditure. She wanted to preserve her lean mass by incorporating a resistance training program.

Kelly's #1 concern was, with her busy schedule, not having enough time to commit to an exercise routine. She determined she could commit 4 days/3 hours per week. A program that works with her schedule is 2 days of 30 minute Cardio Exercises and 2 days of 20 minute Cardio with 40 minutes of 13 different Weight Training and firming/toning resistance exercises and of course eating healthier all 7 days a week

Kelly started her fitness program gradually, as is advised with all new exercisers. Originally, she could only perform 13 exercises of 1 set each at around 9-10 repetitions. Now, she has increased to 15 different exercises and is performing 3 sets each with 12 repetitions. She is now able to lift more weight and her free weights have increased from 5 to 20 pounds on some exercises. Her Body Fat % has gone from 31% to 25% in less than 6 months.

Kelly says she considers this fitness program to be a part of her retirement investment plan. She feels if she invests the time now, she will benefit from it later. She now feels stronger and healthier than ever and has more energy. Her suggestions to new members are to get a fitness assessment, start slow, and make exercise a lifetime commitment.

Congratulations to Kelly for being selected the November fitness center member of the month! It is well deserved. Keep up the good work! See you at the fitness center.