



## LONG BEACH FITNESS CENTER SHOWCASE

### EMPLOYEE PROFILE



**Name:** Mitzi Bowman

**Years at Boeing:** 12

**Position:** Engineer IV, Test and Evaluation-AISF

**How long using the Fitness Center:** Since it opened.

**Fitness Counselor:** Millie Sweesy

**Recent Accomplishments:** Two years ago I was advised by several orthopedic doctors to have double knee replacement to relieve severe pain and loss of flexibility in my knees that forced me to walk with a crutch. In lieu of surgery my other option was to attempt to lose weight. Over the past 2 years I have lost over 100 lbs.

**Goals:** To keep the weight off and maintain flexibility.

**Current Focus:** Increase my endurance, flexibility and muscle mass. I participate in a 60 minute cycling class 3 times per week either at Boeing Fitness or an off-campus fitness center, a 60 minute group circuit training class on weekends, and I train 30 minutes twice a week with a personal trainer.

**Favorite Activity:** Cycling and Circuit Training.

**Most Difficult Activity:** I try not to think of any activity as difficult... only challenging.

**Suggestions for new fitness center users:** You need at least the same level of commitment that you put into your job here at Boeing to lose weight. Losing excessive weight is work and keeping the weight off means working out has to be habitual if you want long term success.

Working out to lose weight requires putting forth effort, exertion and energy. It also requires allotting time to sweat, labored respiration, and sometimes waking up with sore muscles all of which were attributes I was not interesting in pursuing.

Getting to where I am today physically was and still is mentally a journey. Each journey is different for each individual and the road you travel must be paved with commitment, motivation, will-power and desire.

The hardest step is always the first step, but each step gets easier and more familiar. Participate in activities you enjoy that will keep you coming back. Develop a support system of friends, family and professionals. Reject negative people, places and thoughts.

Make up your mind this time you *will* succeed and the body will follow!

**Millie's Comments:** It has been a joy to watch Mitzi transform herself by her committed attitude to change. Mitzi's strength and stamina have doubled, her smile is radiant and we salute her and her positive lifestyle changes.