

*LONG BEACH FITNESS CENTER
MEMBER SHOWCASE PROFILE*

Name: Sabra Chandler

Years at Boeing: 24

Position: C17 Supply Support Asset Manager

How long a Fitness Center Member: Sept '06

Fitness Counselor: Millie Sweesy



Sabra 6 months ago →

Recent Accomplishments:

I've lost 47 lbs. since July '06. Also, I've built up my strength and endurance including increasing daily cardio exercise from 6 minutes to 45 minutes!

Goals: To improve my health and reach my goal weight by my birthday next year.

Current Focus: Learning more about nutrition and making healthier choices.

Favorite Activity: Elliptical machine

Most Difficult Activity: Spin Class....it's a killer but a lot of fun!

Suggestions for new members:

*Take full advantage of the opportunities at the fitness center that Boeing has generously provided. The facilities have all the machines and conveniences of any gym and the staff is always encouraging, knowledgeable, and positive. My trainer, Millie, gives me both professional training with personal attention. She motivates me to try different activities that I would otherwise think are beyond my capabilities.

*Lose the excuses and I've tried them all! You really can make time whether it is at lunch or before/after work. Think of the time spent as improving your family life. You will be extending your life, serving as a role model for your children, and feeling better about yourself. **HAVE FUN!**

Sabra today! →



Millie's Comments:

Sabra is an inspiration not only to the Boeing members, but to our entire fitness staff. It's wonderful to see one of our members take our suggestions, run with them and take her training to another level. Congratulations on your accomplishment, and keep up the hard work!!