

LONG BEACH FITNESS CENTER SHOWCASE EMPLOYEE PROFILE



Lin Chong has worked in the Engineering Release Department at Boeing as a Product Data Management Specialist for nearly 24 years. She and her husband, Tony, have three children as well as two grandchildren. Lin has been coming to the Long Beach Fitness Center since the grand opening in July 2006. She loves to come and spend time working out as well as catching up socially with her friends and co-workers. She compliments the fitness center staff for their warmth and ability to make everyone feel welcome. Also appreciated is the staff's help in assisting her on the proper ways of using the equipment.

Lin enjoys the fitness center because it's close to work, not crowded, clean, and offers more choices of equipment and group exercise classes than other health clubs. She spends 3-4 days a week at the fitness center, for an average of 1 ½ to 2 ½ hours on those days. Her favorite activities are kick-boxing classes, Yoga, Latin Dance, Cross-fit and cardiovascular exercise (tread mill, cycling and step).

In addition, Lin enjoys participating in the programs the fitness center offers. Her favorites are the Catalina Cardio Challenge and the K-2 challenge. She believes she can do anything younger people can, even though she may not be as strong as them. Lin says her health has never been better and, because of that, she doesn't have to depend on any medication. Exercise and healthy food has greatly affected her life for the better.

Speaking of food, Lin says she is a food lover, but as long as she exercises, she can afford to eat a little more. The difficulty she faces is her busy schedule. Between work and family, it can be challenging to make it to the fitness center but she always manages to find the time.

Lin's future goals are to continue regular exercise and eat healthy to keep fit. She also would like to be a role model for people who limit themselves from exercise. She explains "you can do anything you want if you try! Just stay with your exercise program and try to do it consistently at least 3 times per week. No reason to procrastinate. After all, exercise is part of the secret to everybody's health." Only YOU can help yourself succeed. No one can do it for you."

Congratulations to Lin on being selected for the August employee showcase.

