

*LONG BEACH FITNESS CENTER SHOWCASE
DWAYNE CRAWFORD*



Dwayne Crawford is a veteran Wire Design and Installation Engineer, working at Boeing for 21 years. He began working out at the Long Beach Fitness Center the day we opened, and soon after became one of our Group Exercise instructors. Dwayne not only keeps his personal exercise regimen on target, he motivates and inspires many Boeing employees to kick higher and punch harder in his Monday noontime Kick Box Aerobics class.

Dwayne's initiation to the fitness world was through childhood Gymnastics. He found he was a natural and through his school years he subsequently branched out to track, football, and wrestling. Dwayne even entered aerobics competitions during the 1980s! And although his competitive nature continues today, he found his love for motivating others to improve their fitness levels; he became and continues to be a personal fitness trainer & group exercise instructor. Just ask anyone who's worked out in one of Dwayne's exercise classes.... he livens up the room and kicks them into high gear!

He finds running his most challenging activity, but he sticks with it anyway, just as he suggests to new fitness users to keep at it, and tells them "remember... Rome wasn't built in a day."

Dwayne's favorite activity is boxing, his current goal is to run in the Boston marathon, and he just completed a push-up competition - 1,000 push-ups in 24 hours. There's no doubt in our minds that Dwayne will stay fit for life. We're proud to have him a part of our Group Ex family, and pleased to honor him as our November, 2009 Employee Showcase!

