

LONG BEACH FITNESS CENTER SHOWCASE EMPLOYEE PROFILE

Rachid Ali has worked at Boeing for 22 yrs. For the last 8 years he has been a C-17 final avionics/Electrical inspector and has been using the fitness center since it opened two and a half years ago.

Prior to the fitness center opening, Rachid wanted to join a gym but wasn't all that motivated. It just wasn't convenient for him. The accessibility of the Long Beach Fitness Center makes it a lot easier for him to be consistent with his exercise routine.



Rachid started using the center because he was overweight and concerned about his high blood pressure. Prior to starting exercise, Rachid was wearing extra large shirts and size 36 pants. He was motivated to improve his health and after 2 years of exercise, Rachid feels healthier, both physically and emotionally. Besides working out at the fitness center, Rachid also enjoys swimming at Saddleback College and playing tennis with his teenage son.

His current focus at the gym is to improve that stubborn area so many have a problem with: the core or mid-section of the body. By improving the core, all activities become much easier. He admits that although he has been consistent with his exercise habits, he slips up at the dinner table all too often. As vital as exercise is to losing weight, maintaining a healthy diet is of equal importance. Both need to be done together if desired results are going to be achieved.

Rachid says he loves the wide variety of activity of the gym and often changes up his routine to prevent boredom. His current goals are to continue to work out and maintain his physical health. Wearing clothes that fit well keep Rachid motivated and give him the encouragement to continue to come to the gym.

Rachid strongly suggests users to establish a workout routine. Start slow and easy and work your way up. Results may come gradually, but if you stick to it, they do come. Finally, Rachid says if you make exercise an on-going commitment, it will change your entire perspective on life.

Congratulations to Rachid Ali for being selected the February Participant of the Month.