

**Boeing Long Beach Fitness Center
Employee Showcase: September 2009**

The Boeing Long Beach Fitness Center would like to congratulate Marla Bynum and Roger Ramos for being selected the September 2009 participants of the month. Marla and Roger were selected because of their outstanding commitment to exercise and fitness, displayed by their performance during the 09' Weight Loss Challenge. This 10 week program asked participants to lose excess body fat through moderate exercise and healthy eating. Marla, who lost 24 pounds and 13% of her body weight, finished first in the women's category. Roger led the men's category with a total weight loss of 23.2 pounds, 12% of his body weight.

Marla, a Boeing employee for the past 21 years, currently works as a J8S Tank Mechanic. Growing up she participated in track, volleyball, softball, and cheer. Staying active had always been an important part of her life until January of 2008 when she was diagnosed with breast cancer. During her recovery, Marla gained a reasonable amount of weight due to decreased physical activity. By 2009 she decided that she was well enough to get back into shape. Since then she has lost an amazing 41 pounds, and has accomplished this through regular exercise and healthy dieting. Marla credits her success to her family for their support in helping her reach her goals during such a difficult time in her life. Her current goal is to reach a target weight of 140 pounds (15 more pounds to go!!!). She plans to accomplish this by continuing to frequent the fitness center in addition to working out at home. Marla's favorite activity is running stairs and bleachers. She believes that this form of high intensity training along with a healthy diet played the biggest role in her weight loss achievement. Marla does have a few suggestions for new fitness center users, "individuals new to exercise need to find a workout plan that works for them. They must also commit at least three days a week to exercise to see some type of benefit".



Roger Ramos has been using the fitness center for the past two years. He currently works as a Quality Assurance Senior Manager and has been with the Boeing for 19 years. Staying active has always been a big part of Rogers life. Time has been the biggest obstacle Roger has faced in his pursuit to reach his personal health goals. "Having four children really takes up a lot of time". Now that they are a little older, Roger has made more time to workout. Roger's current goal is to have a 10-12% body fat and he plans to achieve it by increasing his strength training routine. His most recent accomplishment has been losing a combined total of 75 pounds with his wife. He enjoys participating in classes like Cross fit and Full Body Blast because these classes constantly challenge him to push it to the next level. Roger wants new fitness center users to know that they must first set small obtainable goals if they want to be successful. "Most people are intimidated by the group exercise classes. They feel that they can't perform 100% of the workout the first day. I remember the first spin class I took. I completed 35 minutes out of the 60 minute workout. Now I perform more than an hour of exercise every time I come to the fitness center". New users need to remember that as long as they commit themselves to coming to the fitness center on a regular basis and try their hardest, they will continue to progress in reaching their goals.



Congratulations Marla and Roger for being selected the September 2009 participants of the month. Keep working hard in continuing to reach your goals. Below is the full list of our other top Weight Loss Challenge participants.

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| 2) Sabra Chandler | 24.0 LBS | 2) Roscoe Litchard | 21.0 LBS |
| 3) Judy McAllise | 17.4 LBS | 3) Tim Engel | 21.1 LBS |
| 4) Debbie Fox | 17.4 LBS | 4) Ken Emerson | 17.0 LBS |
| 5) Elma Johnson | 16.4 LBS | 5) Robert Aguas | 13.5 LBS |
| 6) Naimah Muhammad | 15.4 LBS | 6) Andre Abboud | 14.2 LBS |
| 7) Parvaneh Safaei | 9.0 LBS | 7) Jeff Link | 10.8 LBS |
| 8) Bonnie Miller | 8.2 LBS | 8) Mike Cabot | 14.6 LBS |
| 9) Anna Garcia | 10.4 LBS | 9) Michael Sullivan | 14.3 LBS |
| 10) Sharon Collier | 11.6 LBS | 10) Peter Francis | 11.2 LBS |