

LONG BEACH FITNESS CENTER SHOWCASE EMPLOYEE PROFILE

Jenny Martinez has been working for Boeing as an Electrical Engineer for 4 years. Her exercise buddy, Jane Ho, has been a Software Engineer for Boeing the last 2 ½ years and has been with the company for 5 ½ years overall. Together they have been selected as the Long Beach Fitness Center participants of the month.

Jenny has shown tremendous improvement since she began frequenting the fitness center just over a year ago. Since then, her body fat percentage has improved over 11 percentage points and her goal is to drop another 11 percentage points by the end of this year.



Jenny's favorite activity at the fitness center is Crossfit, a high intensity boot camp style class. Through Crossfit, Jenny has made several friends that she interacts with on the weekends for hikes, climbs, and other activities. This Summer Jenny plans on hiking the Grand Canyon from rim to rim. Other than Crossfit, Jenny also enjoys Yoga, Balance and Core, Cycle, and plays in the Wednesday night Boeing Sand Volleyball League. If that wasn't enough, Jenny also plays in 2 Softball City Leagues. If she can find the time, one of her favorite things to do is to walk and play with her 3 dogs.

Staying in shape has become a priority in Jenny's life. The biggest obstacle she faces is trying to overcome all the excuses not to work out. The suggestion she has for new people is to set realistic goals every week and never give up. Another thing that helps is having a friend to encourage each other. Jenny is inspired by her workout buddy and it makes her work even harder!! She encourages people to always go for variety, try new things; you'll never know what you might be good at until you try it!!

Jane Ho has too shown great improvement in the last year. Her body fat has improved from 25% to an impressive 15% in the last year. Her goal is to get down to 13%.

Jane's favorite activity at the fitness center is also Crossfit. She thinks the class is challenging, yet rewarding. The Crossfit workouts are always different each class. This lack of monotony is what Jane says keeps her interested.

Jane also enjoys playing sports. Growing up, she was involved with after school activities that involved sports; playing on the tennis, volleyball and basketball teams in middle school and high school. She participates in the Thursday night Boeing Basketball League. In addition to playing sports, whenever possible she accompanies Jenny on weekend hikes with the rest of the Crossfit crew.

Jane values the importance of staying in shape and living a healthy lifestyle. Feeling healthier and full of energy is what keeps her motivated to continue living a healthy lifestyle and pressing on toward her fitness goals. She encourages people to find a workout buddy, an exercise/class that you enjoy, and mixing up the workouts so you don't get bored.

Jane and Jenny make one heck of a good workout team. Congratulations to both of them for being selected the July participants of the month.