

Long Beach Fitness Center
Member showcase profile

MARCH 2010 Participant of the Month

Ken Emerson has worked for Boeing/McDonnell Douglas for over twenty two years, where he is currently a Manufacturing Operations Analyst on the C-17.

Ken began his admirable career serving his country in the U.S. Navy. The military played a huge role in Ken's appreciation for exercise and health. Aboard the USS Belleauwood, in addition to his military workout of countless push ups and sit ups, Ken would run the flight deck lap after lap for nearly 10 miles. After serving his country for thirteen years, Ken maintained his passion for exercise by adopting a well designed training routine that included weights and running, taking every opportunity to run, whether it was a 10k race to a full marathon.



As an accomplished athlete, Ken now shifted his focus to his career. He received a Bachelor of Science Degree from Biola University, along with two Masters Certificates one in Six Sigma and the other in Project Management, both from Villanova University. Ken is currently working on a Master of Science in Project Management at Embry-Riddle University.

Recently Ken suffered a severe back injury reducing his mobility and causing a huge decrease in his health. At fifty years old, Ken felt the need for a change. He began using the Fitness Center more frequently and participating in some of the programs. Ken recently placed 4th in the Weight loss challenge in 2009. With his current weight loss of forty lbs, he is well on his way to meet his total weight loss of 60 lbs, improve his strength and cardiovascular health. His new found energy and stamina has enabled Ken to be a great Soccer coach for his children and be more involved in family activities such as: hiking, bike riding, camping and quad riding.

Ken's advice to all new users of the Fitness Center is, "come in and talk with the staff, they are awesome and are always ready to keep you fired up & motivated."

Congratulations to Ken on being our March 2010 Employee Participant of the Month. The Fitness Center wishes Ken good luck in achieving your goals for 2010!