

Boeing Long Beach Fitness Center Employee Showcase: August 2010

The Boeing Long Beach Fitness Center would like to congratulate Daffodil Oribello for being selected the August 2010 Participant of the Month. Daffodil was selected for her outstanding commitment to exercise and fitness.

For the past 3.5 years Daffodil has worked as a Math Modeler/Supply Chain Specialist. She attended her first year of college in the Philippines, and then attended Cal State Fullerton for a BA in Mathematics which she finished in 2003. Daffodil is currently pursuing a Masters in Math/Statistics at Cal State Long Beach; she will graduate in 2011.

Daffodil frequents the Fitness Center 3-4 times a week and has been doing so for over 2.5 years. She enjoys basketball, badminton, and volleyball, and currently plays in the Wednesday night Sand Volleyball League. Since joining the league she has helped her team take home a championship on more than one occasion. Daffodil's current exercise routine involves both cardiovascular and resistance training. Performing cardio throughout the week has allowed her to achieve a weight loss of 28 pounds in about a 2 year time frame. Daffodil also attributes her weight loss to a Fitness Assessment she received at the Fitness Center from Millie Sweesy. "She gave me a great physical evaluation which basically told me where I was at, and where I needed to be in terms of what exercises I needed to be doing to achieve my goals".

Daffodil exercises because it makes her feel healthier and gives her more energy throughout her busy work week. She knows that exercise helps to keep her blood pressure and cholesterol in healthy ranges and also helps to reduce the stress of her busy work schedule. She constantly instills the importance of physical activity in the lives of her three children so they can grow up being healthy and feeling good. Daffodil plays basketball with her seven year old son Evan, dances with her five year old daughter Kiana, and loves to go on bike rides with her three year old daughter Aria.

Daffodil's recent focus has been to reduce her body fat percentage. She plans to achieve this by exercising consistently throughout the week and by continuing to eat healthy foods. She enjoys performing multi-joint free weight exercises and uses the summit trainer and stair climber for her primary sources of cardiovascular exercise. Her most challenging activities are the core/abdominal exercises. She knows that if she can improve her core strength and balance she will be able to be a more competitive athlete on the volleyball court. Her suggestion to new Fitness Center users is "the Long Beach staff is always willing to help and give excellent advice. Don't ever hesitate to ask them anything related to health or fitness, they are there to help".

The Long Beach Fitness Center is honored to have Daffodil Oribello as the Participant of the Month for August 2010. Congratulations!!!

