

*LONG BEACH FITNESS CENTER EMPLOYEE SHOWCASE  
FEBRUARY, 2010*



Vladimir Basica just retired after 43 years of employment, most recently as the principle Senior Design Engineer in the Airframe Department.

Vlad is a consistent user of the Long Beach Fitness Center since its opening and loves having a state of the art gym facility as a part of his retirement. He especially enjoys participating in the Yoga classes and feels they truly benefit his flexibility. His current focus at the Fitness Center is developing his core stability and strength and improving his cardiovascular function.

Vlad remains an avid tennis player and enthusiast for over 30 years, and a member of the Jack Kramer Tennis Club. He hopes to soon join a team at the new facilities at the Paseo Tennis & Fitness Club in Valencia. His love for tennis also involves his family. Vlad coached his daughter Amanda while she attended UCLA, who became the number one tennis player in the nation and competed with Martina Hingis in the semi-finals in the French Open Juniors at Roland Garros. His daughter Amber concurrently attending USC was the top ranked Junior in the U.S. He currently enjoys watching his son Eric play in tennis tournaments and continues coaching tennis at Loyola Marymount.

Vlad's suggestion to new users of the Fitness Center is to dedicate at least 3 visits per week and participate in at least one class, such as Yoga, to balance out their workouts. He quotes what he calls ancient wisdom, "Healthy Body, Healthy Mind" because it's had an enormous positive effect on his life. "No matter how tired I feel, after a good workout I always feel invigorated."

Congratulations to Vlad on being our February, 2010 Employee (Retiree) Participant of the Month!