

**Boeing Long Beach Fitness Center
Employee Showcase: November 2010
Kate Miller**

Kate Miller has been with The Boeing Company for 1.5 years and currently works as a Procurement Agent with the Army Program, Brigade Combat Team Modernization (BCTM). Kate can be seen every Monday and Wednesday night teaching Zumba dance in the Long Beach Fitness Center. Her passion for dance began at a very young age.

Kate got into fitness and exercise at the age of 2 when she started taking dance lessons at her mother's dance studio. Growing up in an active family, Kate quickly made dance one of her passions in life. Kate trained classically in ballet, jazz, tap, contemporary, ballroom, Latin, and hip hop dance styles. Throughout her training she admired dancers like Mikhail Baryshnikov and Julie Kent, who demonstrate the amazing amount of control, strength, flexibility, and endurance professional dancers need to perform. In watching these professionals, Kate realized that dancing was an art that incorporated all components of fitness and was hooked ever since. While attending college, Kate had the opportunity to own and operate a dance studio in Phoenix, Arizona. At the



studio she instructed students of all ages, directed rehearsals, and choreographed shows. After graduating from Arizona State University with a degree in Supply Chain Management, Kate moved to California and became certified in the dance fitness workout, Zumba. "Zumba is an amazing cardio workout that doesn't make you feel like you're working out at all. All the moves are centered around dance with unique body movements and energetic music". Kate's Zumba class is one of the most popular group exercise classes at the fitness center. Employees love the fast paced movements and music because they can burn a ton of calories while having a lot of fun.

Some of Kate's most satisfying accomplishments include owning a dance studio and teaching Zumba fitness. These have allowed her to express and share her passion for dancing with many different types of people on a day to day basis. Other accomplishments include numerous first place finishes in ballroom and Latin dance, as well as being named captain of her Phoenix hip hop crew called "Exclusive." Kate still has a dream of owning another dance studio. Other goals include hiking Mt. Kilimanjaro, and her current focus, competing in a triathlon. When she has time, Kate trains by running, biking, and swimming, but finds running long distance her most challenging activity. Performing activities like Zumba give her the variety she needs in her workout. Kate finds running difficult because of its repetitiveness, and she is hoping she will soon achieve the famous "runners high".

Kate's suggestion for Fitness Center users: "Take advantage of the group exercise classes. Cross training is the best way to lose weight, gain strength, and keep your body challenged. Mix it up with cycle, yoga, weights, and Zumba. On the weekends challenge your body with activities like hiking, camping, and swimming". She really stresses the idea of not getting stuck performing the same exercises everyday.

The Fitness Center would like to congratulate Kate Miller for being selected the Boeing Long Beach Fitness Center Employee for November 2010. Keep up the great work!!!