

***LONG BEACH FITNESS CENTER EMPLOYEE SHOWCASE***  
***October, 2010***

The Boeing Long Beach Fitness Center would like to recognize Melissa Arreaga as our employee participant of the month for October, 2010. Melissa has been with Boeing for 7 years and is currently an Analyst/ Programmer within the GS&S IT division. Melissa was one of the fitness center's most beloved instructors and helped lead the way for the center to offer various dance classes, such as Salsa and Zumba on our weekly group X schedule. Although Mel is now busy with her competitive dance group, Movement Project, we are still fortunate to have her teach in our specialized dance series classes from time to time.

Melissa has been physically active since childhood, participating in basketball and soccer throughout middle and high school, but dance has always been her passion. As a cheerleader and captain of her high school dance team, Mel stayed in good shape. While in college Mel found it was difficult to balance a full time school schedule with working at Boeing 20-30 hours per week, and still be able to exercise regularly. "When you go from being extremely active to sitting at a desk all day, the weight tends to really pack on", Melissa says.



**March, 2009**



**August, 2010**

Even when Mel started working out on a regular basis, she wasn't seeing the results she expected. As most people do, Mel struggled with her diet. "I used to workout so hard but because my eating habits weren't under control, I didn't lose a pound" she says. Once Mel started "seriously" monitoring what she was eating, the weight just melted off. Melissa learned the value of portion control through-out the day. "Eating healthy doesn't mean you shouldn't enjoy your food, I looked online for healthy recipes. I recommend focusing on you eating habits first, then creating an exercise regimen." Finding an activity that you enjoy is the best way to stay active, and for Melissa, it's dance! Doing the same cardio activity can get boring after a while, but with dancing Melissa will be hours in without even realizing it. The hard work has paid off and Mel has reached her goal weight and lost over 30lbs. Congratulations to Melissa Arreaga for being selected the Showcase Employee for October! See you at the fitness center.

