

*LONG BEACH FITNESS CENTER SHOWCASE
PARTICIPANT OF THE MONTH ~ JUNE, 2010*



Suzanne Galante, currently a Manufacturing Engineer, with the C-17 Common Image MES, Implementation Team, has been an integral part of Boeing for 9 years in Satellite and Aircraft divisions.

Sue began using the fitness center 2 years ago interested in weight training and how to work-out effectively to get results. Sue already had a long history with sports beginning at the age of 8, including organized softball in High School, JV, Varsity and during college with parks and recs. Sue, also an avid skateboarder since the age of 5, still rides from time to time, and admires Tony Hawk "because he took something he enjoyed and made it a career." "Tony has brought this sport to a new level. I kind of live through his successes/new tricks only that I at one time wanted to be professional. With more fitness training,

someday soon I hope to construct and ride the half pipe again."

Sue's involvement playing on organized soccer teams taught her the importance of endurance and cardio training, but in the last 2-3 years, the challenge was juggling a consistent work-out while pursuing a Masters Degree and business travel.

Since January, Sue has a new found drive and is keeping her program of diet and exercise a priority. She feels accomplished in that she has already lost 10 lbs, and made it through her first spin class! Her current focus is on building body strength, improving cardio endurance, and losing 5 more lbs. Sue's favorite activity at the fitness center is Yoga, "the stretching and breathing aspect has opened up my mind and body awareness beyond what I had thought possible." Her most challenging activity is the 30 Minute Express Fitness, "the cardio and change in routine pushes me to the point I could not achieve on my own."

Sue has sound recommendations for new exercisers: "Start moving no matter your level of fitness. First feel good by doing small routines such as walking 30 minutes at least 3 days/week. As you feel more confident and comfortable on the treadmill, incorporate some 1 minute running intervals into the walk. Doing a little more each day will help you understand your capabilities and that you are improving. Most importantly, feel good about getting into a routine."

Sue also knows first-hand the importance of proper food portions. "People work-out year after year and may never see improvements due to excessive food intake. It is the leading culprit of why we do not see the progress and results we had hoped for".

Since altering her food portions Sue continues to see results in her weight loss, energy, and mental alertness.

In summarizing Sue's tips for success, she suggests "try new ways to get fit (i.e., circuit training, spinning, yoga), get enough rest (7-8 hours) per night, and watch your food intake. Talk with the fitness staff, they are always willing to help and will get you started in the right direction."

We congratulate Sue on her success in achieving a higher level of health and well-being. Her dedication and determination to health and fitness is an inspiration to us all. The Long Beach Fitness Center Staff is pleased to honor Sue as our well deserved Boeing Employee Participant of the month June, 2010.

