

LONG BEACH FITNESS CENTER SHOWCASE
September, 2010



Tim Engel is a 31-year Boeing veteran, and is currently Senior Manager, Quality Assurance from the Frontline IPT. Tim can be seen nearly every afternoon in the Fitness Center, on the stairs, treadmill, taking a spin class, or weight-lifting. To look at him one would assume he's always been a gym-goer, but Tim began using the Fitness Center just 2 $\frac{1}{2}$ years ago.

Although Tim dabbled in sports in high school, he never felt that he'd given it his all. As an adult he picked up weightlifting again with a desire to be strong like his Dad and brother. As a child Tim remembers his Dad being a weight lifter/body builder, working out with guys like Steve Reeves and Jack Lalane. "To me, my dad was like a super hero, and my older brother played football in high school; he was a 'Golden Knight', and one of the top Varsity players at Lynwood High." Working hard, Tim focused on bench-press and became quite adept. He began competing in the Boeing HB Fitness Center bench-press competition, and has won 4 trophies and 2 medals in the last 7 years! Now that he's mastered bench-press, Tim's next challenge is conquering 5 full-body pull-ups with good form.

Over the years, the obstacles Tim allowed to hinder his pursuit of fitness and health were procrastination and denial. "For years I put off losing weight and changing my diet. I was also in denial about my lack of fitness. The information available on the web and all of the illness tied to being overweight helped convince me to get moving! Once I got into a routine, I found it easier to be consistent about working out." Tim will always remember Jack Lalane's advice: "work out - even when you don't feel like it; afterward you always feel better than when you walked into the gym" and his Jr. High gym teacher telling him "with a little more push, you'll really be rolling."

Tim has recently lost 75 lbs., and is now focused on reducing his 12% body fat to 9% before summer ends, and maintaining it for the rest of his life! Tim is also making great strides at the office where he was recently elected to the Boeing Long Beach Leadership Association board of directors, received a Safety Hero award for helping to improve employee safety at work. "I am very thankful for all of the support in reaching my goals - from the Fitness Center staff to family and friends, especially my workout partner, Charlie, and my wife who facilitated me through the Weight Watcher's plan. I couldn't have done any of these things without their help, guidance, and encouragement."

Tim's recommendation to new Fitness Center users: Be patient with yourself; but be consistent. If you are tired, take a day off. But only 1 day. Set goals - make them small at first, but have a goal, and don't be afraid to ask for help and advice from the Fitness Center staff or others in the gym.

We congratulate and commend Tim Engel on his dedication, commitment and success, and are pleased to honor Tim with The September Boeing Employee Participant of the Month!