

*LONG BEACH FITNESS CENTER SHOWCASE
APRIL EMPLOYEE PROFILE*



Toni Burczyk is a 12 year veteran for Rockwell Intl./Boeing and currently works as a Materials Management Analyst under the B-1B program. She has been utilizing the L.B Fitness Center for nearly 3 years. Toni can be seen regularly challenging herself in the weekly CrossFit classes. You can't miss Toni, she's the gal with the biggest smile and twinkle in her eyes, even when she can barely catch her breath!

Toni's fitness training began in her early 20s when she wanted to put on weight. She began weight training with some co-workers at Rockwell in El Segundo. Her weight-lifting pals motivated Toni to lift heavy, and she found she loved it.

More recently she became interested in cycling, and now it is her favorite sport. Toni completed her first "sprint" triathlon in April last year. Since that accomplishment, she has the triathlon bug - she just finished her second triathlon February 26th in Los Alamitos, and she plans to enter more competitions in the future. Besides her triathlon training, Toni's current goal is to lose 10-15 lbs (although we can't see where they're hiding!). She feels with healthier food choices, and less drinking she is sure to see her goal to fruition.



When not at work, or working out, Toni is an energetic mom of 2 young boys who keep her hustling about, and a wife of 12 years to her best friend, Michael. Her family life is just as active as her life away from home; she is much like the 'energizer bunny'.

Toni's encouraging words for new fitness center users: "Eating healthier needs to go hand-in-hand with exercise. It doesn't make any sense to do one without the other. Eat 5 to 6 small healthy meals a day. Be "mindful" of your appetite. On a scale from 1 - 5 (1 being you're starving) you want to be mindful and try to remain around 3 at ALL times."

We concur! Congratulations Toni, we're pleased to honor you as our Employee Participant for April, 2011!