

LONG BEACH FITNESS CENTER EMPLOYEE SHOWCASE
August, 2011



The Boeing Long Beach Fitness Center would like to recognize Elizabeth Busdeker as our Employee Participant of the Month for August, 2011. Elizabeth is currently a Structures Design Engineer and has been with the company for more than 5 years. "Liz", as she is known at the fitness center, has been a regular exerciser at the facility since it opened in July, 2006. Whether she's participating in a group X class or helping her teammates win another Sand Volleyball title, (which has happened several times) Liz always brings a positive and motivational attitude to the fitness center.

Elizabeth has been physically active for years, having participated in soccer and volleyball growing up. While attending college, Liz learned that in order to keep herself healthy and fit she needed to work at it. Finding the time in a busy schedule for exercise can be challenging, but, "Like anything in life, it's the journey and not the destination that's important" she says. Once Liz started coming to the gym on a regular basis she began to see the positive difference not only in her appearance, but in her increased energy as well. "Now, I know it'll always be a part of my life that I want, and need to make time for."

Liz is currently focused on becoming more toned and improving her cardiovascular endurance through her workouts. Her favorite activities include yoga classes and participating in the Wednesday evening Sand Volleyball League at the fitness center. Liz has been one of the main reasons her teams have won several league championships over the years. Not only has she been one of the most skilled ladies that participate in the league, but one of the best overall players that we have. All types of cardio training have been challenging for Liz, but she continues to push herself and concentrate on the fun activities.

"Find something you love to do; it'll bring you back" says Liz. The best way to keep yourself from getting bored or tired of your routine is to mix things up and Liz has done so by participating in many of the programs offered at the fitness center. Congratulations to Elizabeth Busdeker on being selected the Employee Participant of the Month for August, 2011. See you at the fitness center!