

***LONG BEACH FITNESS CENTER EMPLOYEE SHOWCASE***  
***February, 2011***



The Boeing Long Beach Fitness Center would like to recognize Genaro Calixto as our Employee Participant of the Month for February, 2011. Genaro is currently a Wing Tank Mechanic (J85) and has been with Boeing for more than 25 years. Since the opening of the Long Beach Fitness Center in July 2006, Genaro, or "G" as he is known by the fitness center staff has been one of the most active participants to utilize the facility. Whether competing in the fitness center's 3-on-3 basketball tournaments; or completing his daily exercise routines in the weight room, Genaro always brings a positive and motivational attitude to the gym.

Genaro began exercising with the goal that many individuals have: to get in better shape in order to maintain his health and stay active. Years ago, Genaro quit smoking and since then his activity level has continued to improve. He has competed in each of the semi-annual basketball tournaments offered by the fitness center, and his teams have performed well, winning on more than one occasion. Joining community basketball leagues have also been helpful not only in improving his game, but by maintaining his cardiovascular endurance.

In order to progress physically, you have to get out of your normal routine and try new activities. Genaro has recently managed to incorporate more intense cardio routines to compliment his daily weight training sessions. Several of the classes that he can be found in include: Zumba, Boot Camp, and Cardio Circuit. While his son Philip was home on break from San Diego State University he and his father took the opportunity to train together. Exercising together was a great way to stay motivated and pushed Genaro to keep up!

Exercise is challenging because you can always find ways to improve. Genaro is currently training to improve his core strength with the goals to tone up, maintain his energy, and live a long healthy life. His suggestions for new fitness center users are to check out some of the 38 weekly group X classes offered at the Long Beach center because they're fun and you can learn a lot about fitness. Congratulations to Genaro Calixto on being selected the Participant of the Month for February, 2011. See you at the fitness center!