

LONG BEACH FITNESS CENTER EMPLOYEE SHOWCASE
May, 2011



The Boeing Long Beach Fitness Center would like to recognize Lynn Lin as our Employee Participant of the Month for May, 2011. Lynn is currently an Embedded Software Engineer and has been with the company since December of 1996 when she joined McDonald Douglas. Not only has Lynn been a regular Long Beach Fitness participant since 2006, she had also been an exerciser in both Seal Beach and Huntington Beach centers while working at those respected locations. Whether in the weight room, on the tennis court, or in the group X classes, Lynn brings a great attitude to the fitness center everyday.

Lynn has been physically active for years, having participated in tennis and group exercise classes while attending college. The atmosphere and energy of group classes helped to keep Lynn motivated and progressing forward. Her favorites include: Yoga, Core and Balance, Zumba, TaeBo, and Cycling. Recently the Fitness Center started TKO Fitness, a high energy total body circuit class designed to push your overall fitness limits. At first Lynn was a bit hesitant when it came to some of the exercises, but now she has little difficulty in completing the dynamic routines.

Being a software engineer is a stressful job. While consistently having to meet deadlines Lynn realized that regular exercise provides her a much needed break. "Working out at the gym helps me to release stress so I can have a fresh mind and be productive at work." After her son was diagnosed with Autism, Lynn couldn't sleep well and rigorous exercise routines assisted in helping her sleep better. Lynn has always had her mother to look up to when it comes to being active. Although she is retired, her mom goes to the gym and plays basketball every week! She may be older now, but her mother has the, "spirit of a 20 year old".

Recently, Lynn has achieved a goal of completing a 5K run at the Seal Beach center and has plans to keep working up to finishing a 10K. Running is one of her most challenging activities but Lynn's motto is to stay consistent and never give up. Congratulations to Lynn Lin on being selected the employee standout for May. See you at the Fitness Center!