

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



The Boeing Long Beach Fitness Center would like to recognize Steve Rosenzweig as our Employee Participant of the Month for November, 2011. Steve currently works as a Senior Manager for the C-17 Test and Evaluation and has been with the company for 22 years. Steve has been a regular exerciser at the facility since February of 2008. He transferred back to Long Beach from Edwards AFB where he worked with the C-17 Flight Test. Whether resistance training in the weight room or motivating co-workers in the TKO class, Steve always brings a positive and friendly attitude to the fitness center.

Steve has been physically active ever since he can remember. His passion for fitness began when he first studied martial arts at age 15 after being inspired by the popular TV series *Kung Fu*. The school where he trained also taught some great strength exercises and by the age of 27 Steve earned the degree of Master in Kung Fu. Martial arts helped to establish some good habits that have stuck with Steve over the years. He utilizes the Long Beach facility 5 days per week at lunch because, "It's a great way to break up the work day and de-stress".

Outside of the Long Beach facility Steve is always up for a racquetball challenge and will often complete a 2nd daily workout with his son Eric. Being a busy college student, Eric fell into the habit of eating poorly and started feeling the affects of fatigue and a lack of energy. Around the same time, Steve was instructed by his doctor that he could afford to lose a few pounds to be at an ideal weight for his height. Although it seemed like a challenge because Steve was already exercising daily and his weight seemed steady, he followed Eric's lead and started really monitoring his diet. Together they cut out all processed foods; in Steve's case his nemesis of chocolate chip cookies. Within a few weeks Steve was able to lose the extra weight and realized that you can still enjoy tasty food but in order to get your body in the shape you want there's got to be a tradeoff.



Steve is able to stay fit and active in part because of Boeing's focus on health. "Both the employee and the company benefit from fewer lost work days due to health related problems." Steve has participated in the Boeing on the Move Program and his favorite and most challenging activity is the Monday TKO Fitness class which combines resistance, cardio, and agility training in a circuit format.

"If you're using a gym, excellent! Keep going. If not, it's never too late to start. Try one of the group classes, they're a great way to get motivated" Steve says. Seeing his fellow co-workers in the gym exercising helps Steve to continue progressing forward. "Many of the Boeing employees are in great shape" he says, and Steve is definitely one of them. Congratulations to Steve Rosenzweig on being selected the Employee Participant of the Month for November, 2011. See you at the fitness center!