

LONG BEACH FITNESS CENTER SHOWCASE EMPLOYEE PROFILE



Spencer Scott, better known as Spence, has been with the Boeing Company for over 26 years working as an Aircraft Structure Mechanic on the MD-80 and MD-11 aircrafts. He is currently working in the fuselage of our C-17 aircraft.

Spence has been coming to the Fitness Center since 3 months after it opened in 2006, and has remained consistent with the frequency of his workouts. This seems to come naturally to Spence because he became interested in weight lifting very early in his life. Inspired by an uncle with a large physique, the young Spencer began reading books and magazines to learn how he too could gain muscle and sculpt his body. Spence recalls in 7th grade he had collected enough weights to make a set which he set up in his bedroom and began lifting. His idols were Muscle Magazine regulars such as Arnold and Lee Haley, Mr. Universe 2 from Atlanta, GA. Spence was also into sports; he was on the wrestling team during Junior High and High School, and played football during his time in the Army as well as weight lifting. Currently his favorite sport activity is basketball, and you can often see him out on the courts jumping and shooting in a pick-up game.

The only obstacle that has slightly hindered his pursuit of fitness and health, according to Spence, is his nutrition balance. He says he is just now learning and beginning to change his eating habits. Spence recently implemented a few changes in his food intake, one of them being to eliminate salt. Since doing so, he has dropped 17 lbs. and lowered his blood pressure! His current goal is to get his weight to 210 lbs, by continuing with better nutrition, and also by mixing up his routine. He realized his body responds faster when he changes his lifts up more often. Spence stopped performing squats for 10 years, he found it challenging and causing him pain. He recently has begun to revisit this lift and face it straight on, now armed with more knowledge and approaching squatting with a new respect of his biomechanics.

Spence has a full family life outside of work and the gym. Surrounded by females, he is the father of 3 beautiful girls: his oldest is 24 years, and his twins are 14 years. He and his wife are happily married for 28 years!

Spence recommends to new users "Don't be concerned that others are more fit; start out slow and let your body adjust as you go. You gotta work your way up, not start where others are who've been at it a long, long time!"

Spence is an inspiration to many of us, and a strong motivator of weight lifting. We salute Spence and congratulate him on being our October Employee of the Month!

