



Congratulations to Carmen and Angel Rivera, the 2010 Boeing Long Beach Fitness Center Employees of the Year! Carmen and Angel have been frequenting the center since early 2007, and have become part of the Boeing Fitness family. Angel & Carmen are an excellent example of a couple committed to health, family, and enjoying life, providing inspiration for others to follow.

Angel began working in the aerospace industry in 1968 after his military service, while Carmen managed the household raising their 4 children. At that time, she exercised along with Richard Simmons on T.V., but when she began working for Long Beach Unified School District, she found her weight beginning to creep up. "Angel then mentioned the Boeing fitness center and I joined the 5:30 a.m. Cycle class. My co-workers noticed my weight loss right away, and what a difference it made in my life." When Angel retired from Boeing Co. in March of 2007, after 23 years of service, he began joining Carmen at the Fitness Center.

Throughout their 41 years of marriage, Angel & Carmen have done a lot of entertaining and continue to do so. BBQ ribs are Angel's specialty, among many other Puerto Rican dishes. Carmen also has her special dishes, and sometimes they try to out do each other to see which dish everyone enjoys the most! With all this eating going on, Carmen & Angel make sure they attend the fitness center at least 3 to 4 times a week faithfully for an hour and a half. "If someone loves food as we do, you have to exercise as much as possible, just to maintain your weight after each meal, and we've even both lost some weight without dieting."

The only obstacle that kept them both from their exercise routine was Carmen's breast cancer diagnosis. They still made the effort to attend the Fitness Center as often as possible on her good days. "Angel was my strength and he stayed by my side all during the process. During this time Angel would make my sister and I great lunches just to celebrate 1 less chemo. I guess eating is one of my favorite things to do because I still remember how he made everything he cooked very special. Since this occurred, we have made a big effort to attend most of the Susan G. Komen cancer walks and other 5K walks."

Angel & Carmen also love salsa music and dancing. They take frequent mini vacations, including cruises, hiking in the mountains, sightseeing and visiting family in Puerto Rico. They have 5 grandchildren, who bring lots of joy to their lives, and keep them busy with soccer games, baseball, basketball and football; "We do a lot of munching during these games, so again we have to try to maintain our weight."

"Our suggestions for new fitness members are to obtain a fitness program provided by the center, and try to attend the Fitness Center as often as possible. Have fun while working out; if you can only attend half an hour, it is still good. The thing is that you do take the time and be able to enjoy life to its fullest. Know that what you're doing is for your health and satisfaction."