

**Boeing Long Beach Fitness Center
Employee Showcase: December 2011
Stanley Mak**

The Boeing Long Beach Fitness Center would like to congratulate Stanley Mak for being selected the December 2011 Participant of the Month. Stanley has been selected for his outstanding commitment to exercise, fitness, and wellness.

Stanley works as Software Development Engineer for the B1 Fully Integrated Data Link program and has done so for the past 7 years. Before joining Boeing, he worked over 20 years with the Deep Space Network for Jet Propulsion Lab in Pasadena California. Since the opening of the fitness center in June of 2006, Stanley has been one of Boeing's most active and consistent exercisers.



After sending his 3 off to college, Stanley discovered the importance investing of in his personal health. Since then, he has attended the Long Beach Half Marathon for the past 7 years. "To be able to run the 13 miles, I need to be in great shape. To do this, I hit the gym regularly. The yearly marathon really helps to motivate me".

"We are very lucky to have such a wonderful gym here at Boeing. The facility is new, airy and clean. The staff is always cheerful and friendly. It is so much better than the 24 hours Fitness gym that I use on the weekends". Besides working out in the weight room and outside on the track, Stanley enjoys participating in Yoga, Core Circuit, Zumba, Cycle, Tae Bo and the TKO Fitness classes. He also runs the monthly Nelson 5K at the Seal Beach Fitness Center. "When I was younger, I didn't pay too much attention to fitness, its now become one of the top priorities in my life". Stanley makes it a priority to never miss his weekly workouts. In addition, he also attends the monthly wellness lectures and health fairs.

Since Boeing will be moving the B1 program to Oklahoma City next September, Stanley hopes to find a position locally and continue to come to the Fitness Center.

The Long Beach Fitness Center is honored to have Stanley Mak as the Participant of the Month for December 2011. Congratulations!!!