

LONG BEACH FITNESS CENTER EMPLOYEE SHOWCASE ***February, 2012***



The Boeing Long Beach Fitness Center would like to recognize Robert Aguas as our Employee Participant of the Month for February, 2012. Robert currently works as a Software Engineer on the C-130 AMP Program and has been with the company for 20 years. Previous projects he has worked on include the C-17, C-130, KC-10, and B-1 programs in the Long Beach area. Robert has been a regular attendee at the facility since 2007. Whether participating in a group exercise class or competing to win another sand volleyball title Robert always brings a positive and friendly attitude to the fitness center.

At a young age Robert learned the benefits of staying physically active for overall health having played competitive volleyball. However, life priorities made him think that exercise and sports was something he would have to put on hold. In 2007 Robert realized that bad habits had lead him to become overweight with high blood pressure and cholesterol. Wanting to be as healthy as possible for his wife and daughter, Robert met with a cardiologist and decided to change his life both physically and spiritually. Now missing even a few workouts in a row bother him.

After settling into a regular exercise program Robert was asked to join one of the fitness center's sand volleyball teams. It was a great move by the team because Robert has been one of the most skilled players since joining the league and has helped his team capture a championship since then. Robert has since joined another group for sand volleyball as well as participates in an indoor volleyball league. Robert's current focus is losing the, "Holiday weight" he put on, and being raised in Northern California, pulling for his favorite football team the 49ers in the NFL playoffs.

Robert's most challenging activity is playing doubles sand volleyball when the temperature rises above 80 degrees and he looks forward to completing his first "Tough Mudder" event. The 10 mile obstacle course will be a challenge for him and his group but participating in circuit training classes such as TKO Fitness and Core Circuit will surely have him ready to go! Robert's current project is re-locating out of state but he is hopeful to find a Boeing project that will allow him to continue using the Long Beach Fitness Center.

"Talk to the fitness center staff as they are always helpful with your fitness goals. Just go at your own pace and get to the fitness center every week", he says. Congratulations to Robert Aguas on being selected the Employee Participant of the Month for February, 2012. See you at the fitness center!