

April 2010 Participant of the Month
Rebecca Taylor



“We are all given the same amount of time, but it really comes down to priorities on how we spend that time.” Those are the words from our April 2010 Participant of the Month, Rebecca Taylor.

Rebecca Taylor has been working for the Boeing Company for 5 and ½ years. Currently, she works in the BDS (Boeing Defense Space & Security) Engineering Lean+ Organization as a Process Engineer.

Born in Ohio and raised in Kansas City, Rebecca attended Purdue University in Indiana where she received her Bachelor of Science degree in Aeronautical Engineering in 2004. After her receiving her degree, Rebecca moved to the west coast where she currently lives in the city of Long Beach. While working for the Boeing Company, she also earned her MBA from Pepperdine University in 2008.

Rebecca is an active user of the Seal Beach Fitness Center as well as the neighboring Boeing Fitness Centers – Long Beach Fitness Center and Huntington Beach Fitness Center. Her workout routine revolves around the event she’s training for (Marathons, Triathlons, or Century Rides). However, she trains 5-6 days a week for duration of an hour plus, mixing spinning, running, and swimming for cardio training and high intensity, cross-fit style for strength training.

With focus and determination, Rebecca has accomplished numerous fitness related events throughout the years:

½ Marathon

1. Indianapolis ½ Marathon – 2003
2. Indianapolis Mini-Marathon – 2004
3. Long Beach ½ Marathon – 2006 and 2007
4. Huntington Beach Surf City ½ Marathon – 2010

Triathlon

1. Oxnard Strawberry Fields Sprint Triathlon – 2009
2. Orange County Mission Viejo Olympic Triathlon – 2009

Bike Rides

1. Long Beach Bike Marathon- 2009

Rebecca plans to complete a ½ iron man triathlon. Rebecca’s motivation came during her MBA program. Although she was able to squeeze in 3 days per week, it was difficult for Rebecca to sustain her normal workout routine. After business school, she went back to the gym for a

fitness assessment and helped her realize her current fitness level and set realistic goals for the future and a plan to achieve them.

Outside of work and working out, Rebecca is into tennis, taking hobby classes, and dog walking. As for taking classes, she has taken numerous photography, wine tasting, and cooking classes. Finally, dog walking. Every now and then, Rebecca visits the nearby Seal Beach Animal Shelter and walks a dog around the area. According to her, “It is great exercise and the dogs motivate me to get outside and get moving!”

Here are some words of encouragement/quotes Rebecca follow:

“Know your mission in life. It makes every decision easier.” – Peggy Northrop

“The more you are able to understand and appreciate someone else’s perspective, the more dimension, depth, and texture you ultimately add to your own.” – Her Majesty Queen Rania Al-Abdullah of Jordan.

The Seal Beach Fitness Center is pleased to have Rebecca Taylor as the April 2010 Participant of the Month. Congratulations!