

July Participant of the Month – Vic Rodriguez



From the words of the American Poet, Ralph Waldo Emerson – “No one can cheat you out of ultimate success but yourself.”

Vic Rodriguez has been with the Boeing Company since 2003. Specializing in Computing Architect Infrastructure, his area of expertise provides IT architecture and design support to proprietary areas across the company.

Vic has a Bachelors of Arts degree in Information Systems from Western Illinois University. He is currently working on a Master’s of Science degree in Computer Information Systems (MSCIS) and is expected to finish in December 2010. He chose the Computer Security program because of increased computer hacking and computer based crimes that are occurring in the work environment and throughout the Internet.

A native Californian, Vic grew up in Southern California and currently lives in the city of Arcadia with his wife and ten-year-old twin girls.

Vic has been an active user of the Seal Beach Fitness Center since his employment in 2003. He finds the noon time hours suitable during the day as a reprieve from his windowless office environment. Using the Fitness Center as a general health maintenance program, Vic is a regular participant of CrossFit and fitness programs such as Countdown 2 Summer and 12 Days of Fitness. Prior to joining Boeing, Vic worked for Northrop Grumman where he also used their Fitness Center as a means of maintaining his overall fitness level. His routine consists of three to five days a week performing a mixture of exercise routines. As previously mentioned the CrossFit class provides a good combination of strength and conditioning. During non-CrossFit days, Vic incorporates weight and cardio training. For cardio training, he uses the treadmill, rowing machine, bicycle, or elliptical machine. Ideally on Thursday during lunch hour, Vic’s workout routine includes a few games of basketball with fellow employees.

Aside from the workouts at the Fitness Center, Vic is influenced in martial arts and studied a few different styles over the years. His first introduction to martial arts was in the Filipino system known as Kali or Escrima where he trained with a friend who was certified through the Inosanto Academy. Because Inosanto was a student of Bruce Lee, Vic also had the benefit of training other systems such as Jet Kune do, Wing Chun, and Pencak Silat. Throughout the years of learning various martial arts systems, Vic became interested in kickboxing and trained for a couple of years at the Jet Center in Van Nuys. Time permits; Vic is open on training in the grappling systems such as Gracie Jiu-jitsu.

Outside of the Fitness Center, Vic enjoys working on his motorcycle – a customized Harley Softail to match a look that he is interested. He likes to ride to typical biker destinations in the

Southern California area. His most recent destination for riding was Laughlin for the annual river run.

Through hard work and dedication, the Seal Beach Fitness Center salutes Vic Rodriguez as July's Participant of the Month. Job well done.