



Mark Resnick has been working for the Boeing Company for a year and half as a Senior Security Specialist. Prior to joining Boeing, Mark worked for TRW Incorporated and Northrop Grunman for twenty-seven years. He is situated at the Seal Beach site, but is also involved with the neighboring Boeing sites – Long Beach and Huntington Beach.

Born and raised in west Los Angeles, Mark currently lives in Palos Verdes with his wife Debra and two children Emily 19 and Henry 16. His eldest son Mike, 29, lives in the city of Torrance and works with Autistic children.

Mark has used the Seal Beach Fitness Center since January 2008. With the aid of his workout partner, Michael Watkins, Mark is focused on weight training. He weight trains three times a week for forty-five to sixty minutes. Mark's main objectives are to keep his weight down and increase his level of endurance. In addition, Mark is part of the Seal Beach Fitness Center's **Pedometer Club**. On average, Mark register's about six miles a day on his pedometer.

Outside of his job, Mark is involved with Boy Scouting. He has been the Assistant Scout Master of troop 128, The Navigators, for five years. Among the notable excursions with the Boy Scouts have been a backpacking trip in the High Sierras, camping at Emerald Bay Catalina, and coasting along local hikes in the Angeles Crest Forest. His son Henry will attain the rank of Eagle Scout next year.

Other than his involvement with the Boy Scouts, Mark enjoys healthy cooking with his family. Mainly fish, vegetables, fruits, and organic foods. Mark and his wife create all sorts of healthy and delicious dishes. When Mark is not cooking, he walks his Siberian Husky puppy, Dakota, who seems to have a mind of her own.

Recently, the Seal Beach Fitness Center held a ten week Weight Loss Challenge. The winner(s) of the challenge were determined by the highest percent of body weight loss. Mark was one of the participants who shed the most body weight in ten weeks. In the ten-week program, he was able to drop nine percent of his initial body weight, losing over 19 pounds. He achieved his goal by drinking a shake consisting of high quality protein powder, skim milk and a banana in the morning and afternoon. For dinner, Mark would cook a balanced meal – lean meat or fish and vegetables. Mark would perform the ritual of drinking protein shakes and eating balanced meals Monday through Friday. As a reward to himself, he would eat regular meals on the weekends. In addition, the bi-weekly weigh-ins and the healthy eating tips monitored his progress. Mark suggests “A proportioned balanced meal and increasing your physical activity” should do the job.

Mark's advice to the readers of the Employee Times is to “Have a good sense of humor and laugh a lot. It truly is the best medicine.”

The Seal Beach Fitness Center is honored to recognize Mark Resnick as September's Participant of the Month and the winner of the 2009 Weight Loss Challenge. Congratulations!