

Participant of the Month May 2007



Congratulations to Collette Nakamoto for being chosen as the May 2007 Boeing Seal Beach Fitness Center Club Standout. Collette is as dedicated to her exercise routine as anyone who utilizes the fitness center. She is in immaculate shape and always brings a positive vibe to all members of the fitness center with her smile and laugh.

Collette has been working for the Boeing Company for 27 years. She graduated from the University of California, Irvine with a Bachelor of Science degree in Computer Science. She works at Boeing as an Associate Technical Fellow specializing in embedded software architecture, and is also a group exercise instructor on Tuesday and Thursday afternoons in the fitness center.

Staying active and enjoying her favorite hobbies and activities is a big part of Collette's life. She loves to read and stay updated on current topics such as nutrition, health, and fitness. Staying true to Southern California where she was born and raised, she loves to watch sports especially the Los Angeles Dodgers and Lakers. She would like to mention that she is a die hard fan of both teams. Besides being a sports fanatic, she also plays eight and nine ball pool once a week. She also loves to keep her brain active by doing all types of puzzles ranging from word to Sudoku to jigsaw puzzles.

If you were to walk into one of Collette's aerobics classes on Tuesday or Thursday afternoon, you will immediately notice how her love of teaching influences the participants in her class. She is a certified group exercise instructor through the American Council on Exercise (ACE). She is the perfect model for her students in that she exercises 5 days a week for an hour and a half to two hours each day. Collette dedicates three days a week to cardio, resistance training, balance and flexibility, and core training. The other two days are dedicated to her aerobics classes, strength training and a minimal cardio routine.

Collette has a goal to stay healthy and active by exercising for the rest of her life. Even with her knowledge and dedication to her exercise routine, she came to the Seal Beach Fitness Center staff to reevaluate her exercise program. She had her fitness assessed and came back for a full orientation where she was given a more extensive and challenging exercise routine to help her out with her new exercise goals.

Collette is an inspiration to all of us in her continuous effort to achieve her goals. Every day she brings a smile to everyone in the fitness center. She would like to leave us with one of her favorite quotes in life, "Life is short, play hard!" Congratulations Collette!

