

Participant of the Month November 2007



Greg Hart has worked at Boeing for twenty two years. He started as a planner and moved on to tooling design then advanced to mechanical CAD. Greg studied 3D computer simulations at UCLA and applied this to Engineering Simulations for Satellite Design. That job later evolved and now Greg is the manager of the Engineering Simulation Analysis group in Seal Beach.

Greg was born in 1954 in Independence, Missouri. His family moved to Torrance, California when he was 3 years old. In 1963 his family moved San Pedro, CA and this is where Greg finished high school. Greg attended Graceland College in Iowa and transferred to UCLA to complete his studies in 3D modeling and animation and advance technology in the late 90's.

A few of Greg's hobbies are camping, surfing, scuba diving, photography, playing the guitar, and ham (amateur) radio broadcasting. Greg enjoys camping because it allows him to spend time with his family and friends and gets him away from the hectic pace of the city. He tries to camp 5 to 6 times per year. He enjoys beach camping because he is able to camp and surf. Greg started surfing when he was 18 years old. Any opportunity Greg has he tries to hit the surf but is only able to surf a few times per month. His favorite local spot is Manhattan Beach but will surf anywhere there is a break. He has also surfed in Australia and Mexico. Greg enjoys many water sports and in 1984 he became certified in scuba diving. He goes diving a few times per year. His favorite local dive spots are Palos Verdes and the Channel Islands, he has even traveled to Australia to dive the Great Barrier Reef. Yet another one of Greg's hobbies is ham (amateur) radio broadcasting. In 2006 Greg obtained his technician license. In 2007 he acquired his general class license for ham radio broadcasting and is now working on his Extra Class license. Greg got started with the ham radio after it was passed on from his father. He really enjoys this activity and does it when ever he has the chance. He has a portable hand held radio that he takes on the go or uses a mobile unit in his car. Ham radio allows him to communicate with other amateur radio operators around the world that are on the radio waves. His call sign is "KI6FXK"

As a child Greg was active and athletic. For two years Greg played tight end for his high school football team and also ran the 440, 1 mile and pole vaulted for the track team. Greg was first introduced to weight lifting in college, where he continued to jog and took up tennis. Greg ran many 5 and 10 K's throughout the 80's but decided to put his running on hold. He continued to stay active through surfing and other recreational activities. As a result of Greg's decreased in activity level he gained 30 lbs of Fat. At the end of 2004 Greg discovered the Seal Beach Fitness Center. To his surprise the gym was bigger and better equipped than he had imagined. Greg began to utilized the gym and also seek out a nutritionist. Combining fitness and diet Greg lost 25 lbs in 2005 and got

himself back in shape to run. In 2006 he lost another 10 pounds through exercise and diet. Greg's advice for losing some extra weight is, "Stop eating bad food, start reading food labels and try to exercise 3 or 4 times a week".

Greg hits the gym five times per week. He spends 45 to 60 min lifting and 30 to 55 min running. On Monday, Wednesday, and Friday Greg works his abdominals, shoulders, and arms. On Tuesday and Thursday he focuses on his chest, back, and legs. Then the following week he flips the days so that he works the abs, shoulders, and arms on Tuesday and Thursday and the other muscles Monday, Wednesday, and Friday. For cardio Greg cycles and runs. He cycles one to two times per week for 30 to 40 min and runs four times per week. For his run Greg would either go for four miles, 35 minutes to run, to 6 miles, 55 minutes to run.

One of the reasons why we have featured Greg as the Participant of the month for November is because it is smoking cessation month and Greg is a great example that it is never too late to quit smoking. Greg started socially smoking as a senior in high school. He smoked about 5 cigarettes per day. In college Greg was addicted and couldn't stop. He tried many times to stop smoking but failed each time. Greg was smoking a pack of cigarettes per day and realized that the smoking was affecting his athletic performance. In 1977 Greg was struck with an illness and was unable to smoke for some time. After he recovered from his illness Greg decided to quit smoking and noticed that his performance in sports had greatly improved. Since 1977 Greg has not picked up another cigarette. His ability to stop smoking and his achievement in fitness has earned Greg the title of the November participant of the month here in Seal Beach. Keep up the hard work Greg!