

Participant of the Month August 2007



Joe Pernice grew up in Orange County, California in the early 60's and graduated from Cal State Long Beach in 1971 with a degree in English Literature. He has been a Boeing employee for twenty eight years and currently works at the Huntington Beach site in Special Operations (CNO).

Some of Joe's hobbies include playing the piano, photography, reading, cycling and writing screen plays (he's written three). Joe owns a hybrid bike (a bicycle that is a cross between a mountain bike and a road

bike) that he rides on the weekends for two to three hours from Huntington Beach to Laguna, a 36 mile round trip.

For over ten years, Joe has been an avid participant of the Boeing Fitness Center. He started working as an instructor for the Holiday Health Spa fitness franchise in the late 70's and moved up to become manager of several clubs in Orange and Los Angeles Counties; Joe was in the Health Spa business for 3 years. This experience taught Joe the importance of fitness "have a fitness plan, work the fitness plan" which he incorporates into his everyday life.

Joe performs his workout routine three - 4 times per week, fifty two weeks out of the year. His cardio routine consists of 30 to 50 minutes on the elliptical trainer or the stationary bike, while maintaining a heart rate of 140-160 beats per minute. After completing the cardio portion of his program, Joe's strength training includes working his major muscles groups with simple, functional exercises and takes advantage of movements such as push ups, pull ups, sit ups, and squats; this part of the program takes 40 - 50 minutes. Joe's fitness goals are to maintain his steady workout routine to avoid injuries and illness and to make fitness a life-long pursuit.

Joe is successful with his program because he "trains within a comfortable envelope," not working too hard or over training. He has adopted fitness and made it a part of his lifestyle. That is why he has been able to train consistently for over 30 years. Congratulations to Joe Pernice for being the August participant of the Month.