

Participant of the Month August 2008 - Peggy McInvale



"You have to get started and stay with it." Those are the words from the Seal Beach Fitness Center's August Participant of the Month - Peggy McInvale. Peggy has worked for the Boeing Company for almost nine years in the Accounting Department. After receiving her Associates Degree at Golden West College in Huntington Beach, California, Peggy is currently finishing her last year of her Bachelors Degree in Business Administration at the University Of Phoenix. Growing up in Pittsburgh, Pennsylvania, Peggy has lived in

Alabama for nine years and has been living in California for fourteen years.

Peggy has been using the Seal Beach Fitness Center since February 2008. Along with the WeightWatchers, Peggy continues to utilize the fitness program given to her during her Fitness Assessment and Training Orientation and the exercise routines from the "Countdown 2 Summer" program held this past June. In the course of Seal Beach Fitness Center's "Active For Life" events, Peggy was intrigued with CrossFit and Zumba classes. You can catch Peggy in action as she participates in the CrossFit class every Monday starting at 11:30 am and the "Back 2 Basic" class held on Mondays and Wednesdays from 3:00 pm to 4:00 pm. Since February, Peggy has lost sixteen pounds and can feel the difference in her strength and endurance. Peggy's main objective is to stay healthy and fit for the long run.

Aside from using the Seal Beach Fitness Center, Peggy is an avid Pittsburg Steelers fan since day one. Her favorite all time Steelers player was linebacker John Harold "Jack" Lambert. During the weekend, Peggy enjoys bowling. Her best score was a 223. Alongside work and school, Peggy manages to participate in kickboxing three times a week for one hour near her home. Just recently, she has set herself into taking Zumba Fitness. On her spare time, Peggy enjoys watching classical movies. Her all time favorite movie is the King and I starring Yul Brynner and Deborah Kerr. According to Peggy, she can watch that movie "over and over."

Once again, the Seal Beach Fitness Center staff applauds Peggy McInvale for her outstanding achievements and being selected as the August Participant of the Month.