

Participant of the Month December 2008



In January 2007, Susan Robinson pulled together five ladies from Boeing and started biking on the weekends. When they started their new challenge, none of them had any of their own equipment, except for her. They built up from their first ride of 19 miles to 30 – 40 miles per weekend. After many successful cycling weekends they took on the Long Beach Bike Tour of 27 miles, and are planning a 55 mile ride in Palm Springs in February.

Aside from biking on the weekend, Susan also loves to kayak. She has travelled to British Columbia where she took part a fabulous week-long kayak trip. During her trip she kayaked every day and hiked in the beautiful scenic mountains. She also visits June Lake a couple times a year to hike. Her favorite local hiking spot is Peters Canyon. During the winter she enjoys snow shoeing. She has also taught a mat Pilates class in Irvine.

Susan lost her husband to cancer two years ago and has used the Fitness Center as a way to combat her grief. With the Fitness Center so convenient, she felt it would be a real shame if she did not utilize the gym. She started spending several days a week after work sweating and as a result improved her mental and physical health; a great side benefit.

Her goals are to fight aging and stay as young as possible. Her plan to reach that goal is by working out regularly. So she does not get stuck in a work-rut, Susan loves to try new types of physical activity, and really tries to mix up her workouts – to avoid boredom, but also to provide muscle confusion. She tries to get on a different piece of cardio equipment every time she hits the gym. Her cardio program consist of a minimum of 30 minutes to start her work out, and then either strength train with weights or mat Pilates work out for another 30 – 40 minutes. When she is very ambitious she'll get back on a different piece of cardio equipment for 20 – 30 more minutes.

Susan joined the Pedometer Club, which has really helped provide a healthy focus to channel her sadness. With her competitive nature, Susan challenged herself to reach 10,000 steps per day. During the six month program, she exceeded the level 2 requirement (550 miles) by over 300 miles.

“Being completely sweaty after an especially hard workout is incredibly satisfying for me. Some say I’m nuts, but I admit freely that I am a hard-core gym rat. I am doing my best to fight the aging process by continuing to push myself physically. The rewards are immense!”

Susan Robinson works in Intellectual Property Management as a Contracted Administrator, for Boeing since May 2005, but came to Boeing as a contract hire in November 2003. She really appreciates the great benefits of being a Boeing employee – like having the Fitness Center so available for use. She has also been promoted twice since being hired full time and has definitely found a home here at Boeing.

Congratulations Susan for being the December 2008 Participant of the month and for making fitness a part of her lifestyle! Good luck in Palm Springs!