

## Participant of the Month December 2009



Quentin Eng was born and raised in Seattle, Washington. He graduated from the University of Washington with a Bachelor of Science in Mechanical Engineering. He moved to Southern California (Orange County) in 1985 to work for McDonnell Douglas in Huntington Beach. He is currently working in Supplier Program Management at the Seal Beach facility.

Ever since Quentin started working and raising a family, fitness took a back seat. Sometime in the early 2000's, Quentin's doctor told him that his blood pressure and cholesterol was too high and that the extra weight he was carrying was not healthy for him.

He told him to get his act together. Quentin's father died at the age of 67 from heart disease. Based on family history, Quentin needed to do something. It wasn't until 2003 when a fellow co-worker introduced Quentin to the Seal Beach Fitness Center, that things started to change. His friends were runners so they encouraged Quentin to participate in the lunch time runs. Quentin gave it a shot and was hooked. Since he started, he has lost 20 pounds, 2-3 inches off his waist and has been feeling more energetic because of his mental and physical improvements from regular exercise.

Quentin has been using the Seal Beach Fitness Center since 2003. Quentin runs two to three times per week. Twice during the work week he runs 30-45 minutes. On the weekend he runs one to two hours. Aside from running, Quentin also strength trains at the Seal Beach Fitness Center and 24 Hour Fitness with his son. He weight trains one to two times per week hitting all the major muscles groups. He varies his training with free weights and machines.

Quentin has now taken running a few steps further and has been running half-marathons and marathons. Quentin has completed ~14 half-marathons and 2 marathons. "It is such a great feeling of accomplishment and it's energizing to participate in these events with thousands of other runners." Prior to the lunch time runs, Quentin struggled to run one to two miles. Now that his energy level is up he notices that he is more aware of his diet. He now thinks twice before he eats junk food.

Fitness and exercise is now a big part of Quentin's life and it extends past his own life. In Quentin's case, exercise is contagious and has spread to at least two of his three children so far. His eighteen year old son ran cross country and track for 4 years in high school and goes to 24 Hour Fitness with him several times per week. Quentin looks forward to going to the gym with his son, and uses that time to bond and to catch-up on his son's life. His daughter is currently on the high school cross country and track team. His family is competitive with exercise and running so they push and encourage each other. Quentin's desire for running has influenced his close friends who have signed-up with him to run their first marathon in Florence, Italy.

When he is not running he enjoys golfing, traveling, and raising his family. Spending quality time with family and friends is his favorite pastime, mixed with activities such as golf, running, biking, attending children's school events, and trying new cuisine with his spouse on date nights.

Congratulations Quentin Eng for being the December Participant of the Month.