

Participant of the Month February 2010



Jim Keegan is a Supplier Program Manager in the Space & Intelligence Systems division and has worked for Boeing/Rockwell for 27 years. He was born in Philadelphia but raised in Redondo Beach, CA. Jim attended CSULB and achieved his BA in Political Science and MA in History. Throughout college he was active in intramural athletics (football, basketball, running & tennis) which carried over throughout his life.

In the mid-80's Jim started using the Rockwell Fitness Center in Downey and continued his workout regime when he transferred to Boeing's facility in Huntington Beach in 1999 and as of 2005, Seal Beach. Jim has become a Crossfit regular and completed all the workouts last year. The CrossFit class is an extremely challenging workout which incorporates the principal strength and conditioning program for many police academies and tactical operations teams, military special operations units, champion martial artists, and hundreds of other elite and professional athletes worldwide. His workout routine is as follows: 30-45 minutes of cardiovascular exercise 3 times a week. He varies his CV workout between Crossfit, the Summit Trainer or Spin Class and rounds out his workout with weight training once or twice a week. His fitness goal is to stick to and maintain a good fitness level.

Jim enjoys skiing, surfing, horse racing and traveling. He has traveled to fascinating places like Europe and the Orient. This year he is planning a trip to Italy. Over the holiday break he traveled to New York City which is one of his favorite stomping grounds. He acquired a love for NYC while working in northern Virginia for four years supporting Missile Defense Systems. While back east Jim would hop on a train and spend his weekends in NY when he could escape the GMD Program.

One of Jim's favorite quotes is:

"The longer I live, the more I realize the impact of attitude on life. Attitude, to me, is more important than facts. It is more important than the past, the education, the money, than circumstances, than failure, than successes, than what other people think or say or do. It is more important than appearance, giftedness or skill. It will make or break a company...a church...a home. The

remarkable thing is we have a choice everyday regarding the attitude we will embrace for that day. We cannot change our past...we cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play on the one thing we have, and that is our attitude. I am convinced that life is 10% what happens to me and 90% of how I react to it. And so it is with you...we are in charge of our Attitudes."

~Charles R. Swindoll

Congratulations to Jim Keegan for being February's Participant of the Month at the Boeing Seal Beach Fitness Center.