

## Participant of the Month July 2008

When all else fails...grab a buddy!



"I hate to exercise! If it weren't for Bob I wouldn't work out at all." Michelle Sinclair and Bob Schoales are July's dual Participants of the Month because they rely on each other to get the job done. In 2006, they joined a Weight Watcher's class together here at Boeing but have only taken advantage of the Seal Beach Fitness Center for the past year. Michelle and Bob participate

in the "Back to Basics" aerobic class, which covers thirty minutes of cardiovascular exercise and thirty minutes of weight training twice a week, then work out on the elliptical or treadmill to round off their weekly routine at the Seal Beach Fitness Center.

### A little about Michelle

Michelle was born in Southern California and has lived in Italy and Florida. Michelle graduated from California State University Long Beach with a degree in Accounting/Business Management. She works in the Accounting/Cost Policy group and has been at Boeing for 22 years.

A few hobbies that Michelle enjoys when she is away from her desk or the gym are, gardening, needle work and is involved in the National Charity League, which is a mother-daughter philanthropic organization. Michelle and her daughter volunteer at various charitable organizations like "Ability First", "Precious Life" and "We care".

Michelle sees the benefits of exercise through her mother and father who workout regularly at the Boeing Fitness Center in Huntington Beach. Michelle walks her dog and has an elliptical trainer that she uses on her "off days" from the gym.

"I know the benefits of exercise but I just don't like to workout."

Michelle's words of encouragement are "Grab a buddy, because it works!"

### A little about Bob

Bob was born in New York City and moved to California when he was four years old. Bob attended California State University Long Beach but graduated with a degree in Accounting/Business Administration from the University of Redlands.

Bob is an accountant here at Boeing and has worked for the company for 41 years! Bob began at Douglas Aircraft in Long Beach which became McDonnell-Douglas and then Boeing.

Bob enjoys traveling domestically (Alaska, Hawaii, New York, Washington D.C.) and abroad (Ireland, Scotland and England) and loves to attend Nebraska football games where most of his relatives live.

Bob also enjoys spending time with his two month old granddaughter and his eighteen month old grandson.

Bob has a membership to 24 Hour Fitness but says he pushes himself more when he attends the "back to basics" class.

Bob's words of encouragement are "Find something you enjoy doing. You can stick to it easier." "I wouldn't have started at the fitness center without Michelle as a work out 'buddy' three days a week."

Congratulations to Bob and Michelle for being July's dual participants of the month and finding a way to GET THE JOB DONE!