

June 2010 Participant of the Month – Alvaro Ruiz



“Waste no more time arguing what a good man should be. Be one.” – Marcus Aurelius

The Seal Beach Fitness Center would like to recognize Alvaro Ruiz as June’s Participant of the Month and one of the 2010 Weight Loss Challenge winners earlier this year.

Alvaro Ruiz has been a Boeing employee for six years working in Computer Security. Through his years of schooling, Alvaro completed a Bachelors of Science Degree in Telecommunication Management, a Masters of Science Degree in Project Management, obtained a Real Estate Salesperson License, and is a Certified Information Systems Security Professional (CISSP).

Alvaro has been a Southern California individual living in the city of Los Angeles. However, while serving in Army for four years, he has lived in the state of North Carolina, South Carolina, and Georgia.

From the time he worked for the Boeing Company, Alvaro has used the Fitness Center on and off. Once 2010 began; he’s been an active user coming in three to four times per week. The New Year re-directed his focus on health. His goal was to lose weight. Along with the 10-Week Weight Loss Challenge that occurred in January and ran through April, Alvaro lost 45 pounds. Initially starting at 225 pounds, Alvaro’s current weight is at 180 pounds. He achieved this goal by partaking in cycle classes where some days, he would join morning or lunch time forty-five minute sessions. On days he did not cycle, Alvaro ran a two-miles at home. On the weekend, he performs a 30-mile bike ride or mountain bike. Alvaro’s intention is to keep it off by maintaining his workout regimen.

In the future, Alvaro’s first goal is to find opportunities to further advance his career, either here at Boeing or with another aerospace company by the end of 2010. In addition, his second goal is to become an Associate Tech Fellow by 2011.

As a father three and soon to be four, Alvaro's hobbies and activities revolved around his family.

Once again, the Seal Beach Fitness Center is great to have Alvaro Ruiz as this month's Participant of the Month. Job well done.