

Participant of the Month July 2008



Steven Apfel has been working for the Boeing Company for twenty-one years. Before Boeing, Steven worked seven years for Hughes and five years for the Science Application International Corporation. Currently, Steven serves as the Manager of Strategic Development in Integrated Defense System and has maintained that position for a year and a half.

Growing up in the windy city of Chicago, Illinois, Steven moved to California to pursue his career. Living in California for thirty years, he currently resides in the city of Torrance. Steven earned his Bachelors of Science Degree in Aerospace Engineering at the University of Southern California (USC) from 1978 – 1982.

While working at Boeing Seal Beach site for two and half years, he's been attending the Boeing Seal Beach Fitness Center regularly. Steven commits himself to coming into the Fitness Center five to six days a week in a span of an hour and a half each day. His routine involves a 30-45 minute cardio particularly the up-right cycle followed by weight training, core exercises, and flexibility. Overtime, Steven has lost ten pounds. His main objectives are to stay in shape so he can keep up with his children and maintain a good fitness level. According to Steven, using the Fitness Center is a place to relieve your stress level.

In addition to using the Fitness Center, Steve is also a daily user of the 4-minute Range of Motion (ROM) machine located in the lobby of the auditorium in Building 80. During his stay at a hotel in Hawaii, he was introduced to the ROM machine. Intrigued by the cardiovascular equipment, he researched the product and from that point he was sold to the concept. Before getting into his office, it's the first thing he uses. Steven alternates between upper and lower body exercises every other day.

Aside from work, Steven is an avid cyclist. He has participated in six half century and six century rides around Southern California. During the winter, Steven's passion turns to skiing. He hasn't missed a ski season for thirty-five years. Besides cycling and skiing, Steven has a fondness of cars. From classics to modern to concepts, Steven is fascinated with the anatomy of automobiles. He enjoys modifying the components of the vehicle and accessorizing them with electronics and after market parts.

Steven's advice is to "get into some type of exercise rhythm and it will become second nature." Additionally, to future users of the 4-minute ROM machine, he suggests, "the ROM machine is a good machine that produces some level of exercise. Even if you didn't have the time to workout at lunch, you can say to yourself that you did something rather than nothing. Plus, you can use it even if you're in your work clothes."

The Seal Beach Fitness Center is proud to have Steven Apfel as the November 2008 Member of the Month.