

Lee White is November's Participant of the Month



Lee White is an Infrastructure Generalist-RAD Services site telecommunications and computing focal and has worked for Boeing for 12 years. She is a native to Southern California and currently resides in Long Beach.

From a very young age Lee can remember always being active. Her activities ranged from neighborhood play to pick up sports with friends. In her mid 20's a friend challenged her to run in the Redondo Beach 10K and placed well in her age category. This sparked a passion for running including a half marathon. In her late 20's she started bike riding along the local flood control then progressed to training in the hills of Palos Verdes. She completed century and double century rides. Her 30's were a big fitness fog as motherhood and family activities superseded her workout routine. At 40, she learned to roller skate with her kids. Lee prefers quads (roller skates) and her kids prefer roller blades. Twice a week, Lee roller skates with her friends. In her mid 40's Lee challenged her fears and learned to swim and is now learning to kayak.

Every morning, Lee starts her day with "old fashioned" calisthenics and walks for at least half an hour. "Give me a half an hour and I'm good." Her specific routine varies according to her schedule. Twice a week she walk/runs at the beach then works out either at the Seal Beach or Long Beach Fitness Center. She focuses on the cardio machines 3 times a week then incorporates either Zumba, Dance 4 Fitness, cycle or yoga classes 3 days a week.

Lee enjoys gardening, outdoor concerts (Hollywood Bowl is her favorite venue) and volunteering for various Boeing sponsored events, at local schools and community. At home she likes to spend time with her husband and two teenage daughters. They enjoy taking long walks, hiking, cooking and exploring different ethnic restaurants. Lee chooses her vacation destination where she can hike, bike and kayak beautiful, exotic hillsides and beaches. Her fitness activities have shifted to those which can be maintained through mature ages. She would like to continue enjoying them with her children and some day, grandchildren.

Lee's words of encouragements are; "There are as many fitness activities as there are benefits to fitness, no matter your age or fitness level. Start with an activity you enjoy. You will be surprised at how much you can accomplish. A

willingness to get moving is the only requirement – the rest will come with time and commitment.”

Congratulations to Lee White for being November’s Participant of the Month at the Seal Beach Fitness Center.