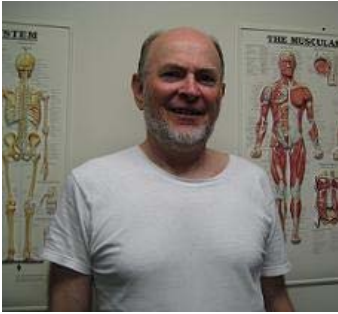


## Participant of the Month September 2007



Congratulations to Elton Kinkaid for being selected as the Seal Beach Fitness Center's Participant of the month for September. Elton has worked as an aerospace engineer for 32 years. Elton was hired by North American Aviation in Downey, California in 1963 after he graduated from the University of Nebraska with a degree in Mechanical Engineering. Some projects that Elton worked on were the Environmental Control systems in the Apollo and Shuttle programs, and before retiring, he worked in Shuttle's Cargo Integration department. He retired in 1995.

Some of Elton's hobbies are traveling, woodworking, and gardening. His most recent trip was in the spring of 2007, where he spent three weeks in China. Elton plans to visit New England this fall with his wife. Elton has also traveled to Germany, Turkey, Greece, Poland, and Israel. When he is not out of the country, he enjoys making furniture. He has made television stands, magazine racks, and a few desks used to furnish his home.

Realizing that fitness would benefit him, Elton began working out in his 30s. While working in Downey, he utilized their fitness center to reach his fitness goals. Elton became an avid user of the Seal Beach Fitness Center in 1996 **and has been using the gym ever since**. His fitness program starts with an hour of cardio, followed by an hour of balance and flexibility training, then 30 to 40 minutes of strength exercises. Elton's goal is to maintain his current level of fitness.

Elton is in great shape and at the age of 67 he also understands the importance of maintaining his health through fitness. Elton's advice to others is to, "get into a routine and do it religiously." He also urges users to utilize the knowledge offered by the Seal Beach Fitness Center Staff and don't be afraid to ask questions or seek help when using the fitness center.