

Participant of the Month September 2008



“Life is too short, one needs to take control over his or her physical and mental being, what better way then to eat healthy and daily fitness, by having the gym on campus leaves no room for excuses, its open 24 seven. I really feel fortunate to utilize the staff, facility, and equipment. Thank you Boeing for providing outstanding perks for the employees.”

Kimberly Boyd began her aerospace career with Rockwell International in February 1995 and transitioned jobs within the company prior to the Boeing Company acquisition of Rockwell less than one year later. She has served in various administrative roles and is currently an Executive Office Administrator to the Vice President of Global Strategy.

Aside from work, she is advancing toward her Bachelor of Science degree in Marketing through the University of Phoenix, with fewer than 18 units remaining before graduation. Kimberly is a former member of the Seal Beach Toastmaster International, successfully completing the Communication and Leadership Program. The Toastmaster program is designed to help people become more competent and comfortable in front of an audience.

Kimberly was born in Los Angeles, California and has spent half of her life here in Seal Beach. She currently resides in Old Town Seal Beach just a mile or so from work., a commute that takes 20 minutes to walk, 12 minutes to run, and seven minutes to bike.

Kimberly has taken advantage of the Seal Beach Fitness Center for the 13 years that she's worked for Boeing. She began by taking the group exercise class and was introduced to the Nelson 5K by Nelson Slagel himself. Now she participates in the monthly lunch time 5K. “I highly encourage everyone to take part in the 5K, what a reward at the finish line; fresh cut fruit, bananas, oranges, and cold water. What a treat!” Her passion for running grew stronger when she ran her first full marathon, the Nike Women's Marathon in San Francisco. The San Francisco marathon accepts a limited number of runners each year. For Kimberly to avail herself of the marathon challenge she knew she needed another way to compete in this sought after event. Her ticket to San Francisco was “Team in Training,” the program sponsored by the Leukemia and Lymphoma Society, the world's largest endurance sports training program. However, to run she would need to raise \$3,500 for the Leukemia and Lymphoma Society, no small feat! But after crossing the finish line Kimberly received a solid sterling silver Tiffany & Co. necklace served on a silver tray from men in black tuxedos with Tiffany blue bows, making all those letters and phone calls asking for donations worth all the while. She has since completed six half marathons, two triathlons, and many local 5 and 10K runs.

Kimberly's workout routine ranges from three to five days per week and one to four hours per day split between two sessions. Monday's, she either runs in the monthly 5K or participates in the CrossFit class. Monday evenings are reserved for swimming. Tuesday's program is a mile run, 20 minute swim, followed up with a return run to the gym. Wednesday's she joins Cathy Sejansky (June's Participant of the Month) for a long run and weight training/core exercise at the fitness center. Kimberly occasionally alternates Thursday and Friday which is either run, swim, run or a long run, with a workout in the evening. One early morning weekend is dedicated to running two hours, kayaking around the bay or cycling on the river trail unless a family commitment comes up.

Kimberly is the "top walker" of the Fitness Center's Pedometer club and reached the goal of 550 miles in only three months of walking. This is her third year with the Pedometer club. Regrettably and much to her family's humiliation, the pedometer is a staple in her wardrobe. She is addicted to counting her steps.

Kimberly is a very active person. She enjoys being outdoors, kayaking, running, walking, swimming, cycling and flying with her husband Shawn, who is an instrument rated private pilot of their Beechcraft A36 Bonanza. In the evenings, she participates in two book clubs, one with her 14 year old daughter. Family is priority one! In December, she will become a grandmother for the first time, compliments of her 26 year old son, Kenny. Kimberly enjoys being a Girl Scout leader and has held that responsibility for 11 years. Kimberly finds ways to exercise as means to "kill time." For instance, after she drops her child off at events, she will go to the gym or go for a swim instead of waiting around or going home. She and her husband Shawn share a special night they call "Date night," which is an evening at the gym when the place is deserted. "What better way to spend the evening: doing something you enjoy and being with the person you love."

Congratulations Kimberly Boyd for being selected as the September Participant of the Month. Keep up the hard work. Have fun and stay healthy.