

September 2011
PARTICIPANT OF THE MONTH

Nick Tyma first started working for Boeing many years ago as a summer intern working with Unigraphics. Soon after, he was hired in to Boeing part-time to work with internal websites. He worked for several months at the Downey facility before it closed, and was then transferred to Huntington Beach. While he continued to work on websites, he began working on projects where he designed and wrote code for internal internet applications. After graduating college, he was hired full-time. Nick currently works for BDS Program Management in Seal Beach, working on improving a process system that is used internally and trying to help make it more user-friendly.

Nick was born and raised in Southern California, and has lived in various cities in the area. After high school, Nick attended Long Beach City College, eventually transferring to CSU Long Beach and graduated with a Computer Science degree. He spent a year studying abroad in the United Kingdom at Kingston University in southwest London.

Nick first started using the fitness center regularly at Huntington Beach in 2004, and last year, began using the Seal Beach fitness center after transferring to the Seal Beach facility. When asked about his fitness related accomplishments, Nick says he has recently lost some weight, and has had to tighten up his belt a few times. He recently participated in the Boeing on the Move II and came in second place in total number of steps on his team of 18 members. Nick says, "Overall, I think it is good to maintain a certain level of fitness, that way I can participate in a sport, or go hiking and not have to worry so much about not having enough energy or getting overly sore or injured."

Nick has regularly participated in the cycling class for several years now, and used the weight room on days he did not cycle. A year ago, he became a regular in the Xpress Fitness class, which is a fast-paced 30-minute cross training class. He says he knew that class was working for him when he started feeling sore in places he didn't know could feel sore. On his free time, Nick likes to ride his bicycle to the beach from home, which is an approximate 25 mile round trip.

In his last year at CSU Long Beach, Nick participated in the college's rowing team and worked hard enough to compete with team members more experienced than he. Nick says the experience was a steep learning curve, and one of the toughest sports he's participated in. Lately he's been looking to getting involved in some outdoor sports like mountain biking and skiing in the winter. He recently played some basketball with friends, and realized that after two hours of playing, he still had energy left for more. Nick said, "I definitely felt the difference regular exercise provided."

Some of Nick's current activities and hobbies consist of going to the movies, and playing video games. Nick also enjoys traveling, and has traveled all around Europe while he was living in London. He visited Costa Rica a few years ago where he had the chance to go on one of the highest and fastest zip lines in the country. Last year he visited Yellowstone National Park and Grand Teton National Park for the first time, and participated in some day hikes. Nick says he would love to go back and hike some other trails. He recently discovered Ultimate Frisbee and has been encouraging his friends to play more often. Nick's words of encouragement, "Find physical activities and exercise that you enjoy, and you'll find yourself doing it more often."

Congratulations to Nick for being the Boeing Seal Beach Fitness Center's Participant for the month of September!