

Fitness Sp



If you asked Jim Quenneville three years ago to describe his fitness regimen, he'd expound on his activities officiating at various youth sporting events. Now, Quenneville, a quality assurance specialist at Defense Contract Management Agency Hartford, would tell you how he runs marathons and competes in triathlons. Shawn Nickle, agency wellness/fitness coordinator, interviewed Quenneville about how he came to redefine his health and fitness goals.

Shawn Nickle: How old are you?

Jim Quenneville: Forty-seven.

SN: What is your exercise/fitness background? When did you begin exercising regularly? Did you participate in any sports or other fitness-related competitions growing up, etc.?

JQ: Growing up, I tried to participate in all kinds of sports. However, I was limited due to operations to correct problems with my feet. I enjoyed sports but wasn't very good at them. In order to stay in the game, I became an official, starting out at the youth level. I now



Jim Quenneville, quality assurance specialist and fitness enthusiast, at his workstation at DCMA Hartford. (DCMA staff photo)

Spotlight on Jim Quenneville

By Shawn Nickle, DCMA Headquarters

“Since beginning my fitness program, I have lost 35 pounds and lowered my cholesterol by 140 points.” — Jim Quenneville

umpire
high school
baseball and referee high
school and college football.

I always thought I kept in decent shape by officiating and so wasn't putting much emphasis on a fitness program. Then it happened in 2005 — that awful pain and a trip to the ER, which confirmed kidney stones. Also, my doctor told me my weight and cholesterol were extremely high. Between my doctor's advice and the encouragement of my wife and kids, I decided to do something about it. I started to pay attention to what I ate and joined the local health center. I do my best to keep to an exercise schedule. My efforts have had a tremendous impact on my overall health and fitness.

SN: What are some of your fitness-related hobbies — sports, competitions, teaching fitness classes, going to the gym, etc.?

JQ: Besides officiating, I compete in local sprint triathlons and 10 km road races.

SN: What are some fitness-related accomplishments and achievements — sporting event championships, placing in fitness competitions, losing significant amounts of weight, lowering your cholesterol/blood pressure/blood sugar, etc.?

JQ: Since beginning my fitness program, I have lost 35 pounds and lowered my cholesterol by 140 points. As a football official this past season, I refereed a game that determined a league championship and automatic berth in the National Collegiate Athletic Association Division 3 playoffs.

SN: Describe your personal fitness program.

JQ: My frequency varies from four to six training sessions per week; I usually vary the combinations of resistance and repetitions. A session for me lasts about one hour, alternating my sessions from cardiovascular/aerobic to muscle/

strength and flexibility. It starts with calisthenics and stretching. Then I'll either work out in the gym, outdoors or in the health center pool.

Family and job responsibilities are my biggest obstacles to maintaining a consistent exercise program. I overcome these obstacles by waking up very early and doing my fitness program for that day. My advice to someone just beginning a regular fitness program is simple: establish a fitness program and progress accordingly. Feel good about yourself, what you're doing and why you're doing it. 



Shawn Nickle, DCMA wellness/fitness coordinator at his work station at DCMA Headquarters in Alexandria, Va. (Photo by Carolina Woods, BRTRC)