



Our News. Our Community. Our CNI College.

AMBASSADOR OF THE MONTH RECOGNITION AWARD

It is a privilege and pleasure to recognize **Tina Bridgewater** as CNI's Ambassador of the Month for February. Tina is the Accountant for both CNI and COBA and began her tenure with us on March 2, 2010. She has worked in financial management since 1973 having been associated with companies such as Long Beach Bank, Household Savings Bank and Normandie Casino in Gardena. Her experience also includes working in the mortgage industry.

Most anyone who knows Tina appreciates her love of motion pictures. A movie buff who sees just about everything in the theatres, she comes in every Monday and gives all of us in the administration office an overview of her weekend cinema experience. In her leisure time, she and her husband enjoy camping along the California coast.

A very positive, dedicated and hard-working individual, Tina is a "doer" in every sense of the word and never wastes time. In her spare time she enjoys reading a good book and baking - a talent she's become famous for with her fabulous desserts.

Congratulations Tina! You are a joy, a pleasure and a great asset to CNI College.

IN THE SPOTLIGHT: ERICH MORENO



Erich Moreno's career accomplishments make him exceptionally qualified to head up CNI's Fitness Department as a Physical Training Instructor. He joined CNI in 2009 following years as a coach and trainer. An Orange County native, he was a cross country, sprint and jump coach at his alma mater Marina High School in Huntington Beach, as well as Corona del Mar and Edison High Schools.

In addition, he was also the strength and conditioning coordinator for the Portland Trailblazers pro basketball team. He has been an owner and director of several sports training programs, a fitness guest speaker and has published several articles about the subject.

Most recently, Erich was highly instrumental in getting our first Biggest Loser (formerly Bring it On) Fitness and Wellness Challenge off the ground and making it a huge success. The event was met with such enthusiasm and concluded with such positive results that we're launching Challenge II by popular demand.

A passionate and knowledgeable leader, Erich is a mentor, a motivator and a committed professional. And we are so privileged to have him on staff as one of our esteemed directors.

BIRTHDAYS ARE FOR CELEBRATING!



Marissa Gomez	2/1
Desiree Fernandez	2/1
Erich Moreno	2/5
Rachel Freidman- Deleon	2/10
Isabel Valencia	2/12
Simone Barbeau	2/18
Katie Martinez	2/21
Gregorio Uy	2/25

Happy Birthday!



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CONDOLENCES

On behalf of everyone here at CNI College, we wish to extend our heartfelt sympathy to **Karla Houska** and family for the recent passing of her beloved mother.

WORDS TO INSPIRE US

*We are what we
repeatedly do.*

*Excellence, then, is not
an act, but a habit.*

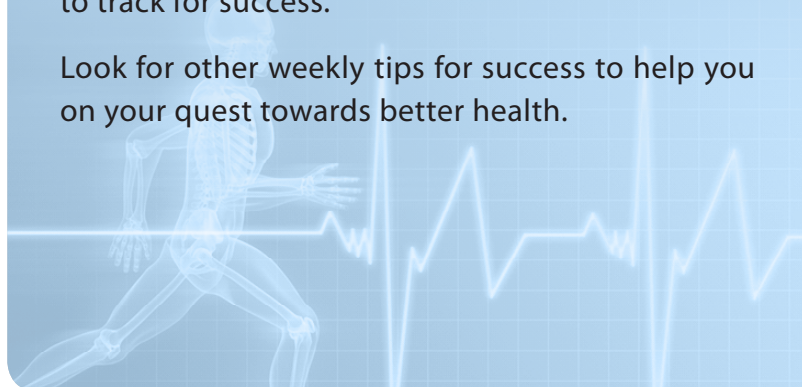
-Aristotle

FITNESS NEWS

As mentioned in our Spotlight column, we are excited to announce the start of our second "Biggest Loser" Fitness and Wellness Challenge. If you are interested in making some life changes to improve health and well-being, be sure to contact Erich Moreno to find out all the details. As with the previous challenge, Erich and his team of trainers will create a personalized exercise and nutrition plan for each participant and provide continuous support and encouragement for the duration of the competition.

Here's a great tip for those of you just starting out: Medical studies show that keeping a food journal doubles your weight loss. Check out www.myfitnesspal.com - a free on line food journal to track for success.

Look for other weekly tips for success to help you on your quest towards better health.



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