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## Keep track of what you eat

**MY HUSBAND TODD** has been coming to Bench Gym for about three years. I really had never been there until he gave me a series of five personal training sessions for Christmas.



I have been going to gyms for as long as I can remember, but I never truly pushed myself. I would go with my friends and take some classes and socialize but I never worked hard at the gym. My goal was really to just lose five pounds, get stronger, and lose body fat. Even though I am average for weight, my percent body fat was poor.

After my first session with Jon, he suggested I start logging everything I ate so I could keep track of calories. This has helped me so much because it has allowed me to really achieve a good balance and not overeat – and it has shown me the importance of working out and burning calories.

I have an app called “Lose It” for my iPad that makes it so easy to do this. I figured out exactly how many calories I needed to eat in order to lose the five pounds.

The other thing that really helps is that my husband and I are really on the same page with both diet and working out. We work together to keep each other on track. That not only keeps us healthy, it also makes our relationship stronger.

By going to my training sessions and watching my calories, I was finally able to lose the five pounds I have wanted to lose, and I even lost 5 percent body fat. I weigh less now than I did during my wedding three years ago, which is a huge accomplishment for me. Todd has lost 10 pounds and significantly reduced his body fat and increased his muscle tone.

I know that by sticking with my training sessions and by eating sensible meals I will be able to keep this weight off.

Thanks to Bench Gym for the motivation and ongoing support – and for pushing us to reach our goals!

— Roya Marcelle

## Dieting without exercise Is it risky to your health?

**THE NO. 1 GOAL** of almost all our clients – if not the entire country – is losing weight.

We tend to think that weight loss more or less equals loss of fat. As we know it, we are bombarded with advertisements for quick weight-loss plans such as those claiming to help you “lose two pounds of fat a week.”

But is fat all that we lose?

*The New England Journal of Medicine* published a study showing that older obese adults have to exercise while losing weight in order to maintain their physical strength. The objective of the study was to determine how the loss of muscle and bone mass that may occur with dieting can be prevented.

Many diet programs will tell you that you can lose weight without exercise or recommend exercising after the weight has been lost. What these programs do not mention is the potential loss of bone or muscle mass that may exacerbate fragile bones, loss of balance or physical stamina.

We all take risks during our lifetime. There is no fortune teller who can predict who among us may be subject to these problems.

But we do not need a psychic to predict that as we age, a sedentary life coupled with obesity may lead to the inability to carry out the routine daily physical tasks with ease.



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## The Bench Gym way

Here at Bench Gym, we design fitness programs to meet individual goals in a welcoming and family environment. Our skilled professional trainers will keep you motivated to help you achieve your fitness goals, whether your goal is to reduce waist size or lower your blood sugar. It’s not about the scale but rather, about prevention.

## Buzz:

According to American Heart Association, daily wine consumption should be limited to 8 ounces for men and 4 ounces for women.

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