

# BENCH GYM NEWS



January 2011

## New Year's Resolution: Bench Gym Incorporated

### Welcome 2011!

The food festivals are finally over. Over the years, we have all become good at procrastinating on changing our lifestyle to achieve better fitness. The New Year, however, offers us a fresh opportunity to incorporate fitness into our lives.

A sound fitness program is not just about looking good. A recent study published in the Journal of the American Medical Association, for instance, suggests that a combination of cardio and weights gets best results in lowering blood sugar and worked best for weight loss. The interesting thing is that participants in this study didn't go on a diet. The results were solely from exercise, says Laurie Goodyear of the Joslin Diabetes Center in Boston.

### 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. As one of our clients said, "I had a lot more energy after a great workout."

### Let's Move!

Incorporate Bench Gym fitness into your lifestyle and eat foods closer to nature.

### Commitment leads to success

Natalie Portman's regimen as a ballerina in the new movie

"Black Swan" included a rigorous diet and



exercise schedule. Portman gave her all with her commitment, physical discipline and lifestyle change, and that may win her an Academy Award.

A recent Northwestern University study found that people, especially women, will gain significantly less weight by middle age if they engage in moderate-to-vigorous activity nearly every day of the week. It wasn't that activity didn't have an effect in men, only that the effect was greater in women.

### Commitment! Physical Discipline! Lifestyle Change!

Start Fresh! Eat Fresh! Happy New Year & New You!

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