

BENCH GYM NEWS



July/August 2011

Born in the USA (Dayton, Ohio)

BEFORE I CAME to Bench Gym, I was skeptical about the results I could achieve through personal training. I had worked with other trainers but always left disappointed with their lack of knowledge or lack of interest in me as a client.

I had been able, on my own, to stick with a very disciplined athletic program that included training for and running five marathons.

However, a series of injuries and new health challenges as I entered my 50s brought me to a consultation with Bench Gym owner Jon Ponce. Jon listened to my concerns and goals and helped me evaluate my strengths and weaknesses in athletic performance. I found out that I have a serious issue with my sense of balance and that I needed better strength training to help me maintain muscle mass and keep off body fat as I get older.

Jon and his staff of expert trainers put together a workout program for me that has delivered results. I can see real improvement in my athletic ability and my overall physical appearance. My friends and family have noticed, too.

The Bench Gym professionals track my workouts and progress and they continually challenge me to improve. I like intense workouts that test me physically and mentally. Wow, did I find a home at Bench Gym. They take me to my limits with every session.



But my story would not be complete without mentioning the upbeat and inviting atmosphere at Bench Gym. The place is always immaculately clean with great locker and shower facilities. When I go in to work out, I know it's with

friendly people who care about me and my health.

I always have a great time working out with Jon, Dominic, Mike, Q and Oscar. I have yet to leave without a smile on my face. Bench Gym has changed my mind about personal training.

— Bill Schulz, *journalist/American Chemical Society*

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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:

Vitamin D is known as the sunshine vitamin because when sunlight hits our skin, the body produces this vitamin, essential for strong, healthy bones, maintaining a healthy immune system and boosting mood. It only takes 10 to 15 minutes a day outside (without sunscreen) to make an adequate amount.

Dinner is served!

MYPLATE, EASIER TO understand than the food pyramid it replaced, was conceived as a crucial part of First Lady Michelle Obama's campaign against obesity.



It was designed to remind us about the basics of a healthful diet. The first part of the campaign encourages people to make half their plate fruits and vegetables. Later phases will urge us to avoid oversized portions, enjoy their food but eat less of it and drink water instead of sugary drinks.

Unfortunately, the introduction of MyPlate did not make the front page of most newspapers, despite the fact that the U.S. leads all industrialized countries with 78.6 percent of the adult population qualifying as overweight, as reported by Time magazine.

Convenience and cost are the main reasons why fruits and veggies are not part of our diets. People don't know how to cook them. Fresh produce spoils quickly. And it's more expensive to buy fresh produce than it is to buy grains.

To some of us, eating fruits and vegetables every meal requires magical thinking.

"It's not that they reject their responsibility," says Montreal marketing professor Yannik St. James. "But they construct it as being influenced by something else that they can negotiate."

We should try to eat fruits and vegetables on most days of the week, just as we follow the *Physical Activity Guidelines for Americans* to exercise most days of the week.



That would signal a broader change in the culture of American food. And maybe, someday, there will be fast-food chain everywhere that would truly represent the new icon, MyPlate.

Education is the key with MyPlate. We benefit more by focusing on eating right and eating less.

"This is a quick, simple reminder for all of us to be more mindful of the foods that we're eating," Mrs. Obama said.

So next time you think about dinner, supersize your fruits and vegetables and make America a healthy and strong nation.

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