

April 2011

THE GREAT SEX DIVIDE:

Should women work harder than men to achieve the same results?

We love our Bench Gym women, and it breaks our hearts to see their frustration over not losing weight as rapidly as their husbands or boyfriends do.

"It's not fair," says Denyse.

"I exercise more and eat much less than my husband and only lose a few pounds," adds Annie.

And Corinne complains that her boyfriend exercises for only a short period of time and loses weight more quickly.

All these women exercise more and are more mindful of their diets than their mates.

The fact is that losing weight is a different experience for women than it is for men.

This is mainly because of the differences in body composition. Men tend to have more muscle mass and, since the muscle is metabolically an

active tissue, it burns more calories. The more muscles a person has, the higher his metabolism. This explains why men are able to melt fat more quickly.

We can also blame hormones, which control our motivations. Studies show that during pre-menstrual phase, a woman's metabolic rate can be 10-15 percent higher than normal. Changes in hormonal levels during the menstrual cycle rev up the metabolism, increasing women's appetites.

Losing weight is an individual experience and can take time. Patience is the key, as are good eating habits. And it helps to remember that women have different caloric requirements than men.



President Obama: Fitness fanatic or nurturing boss?



IT SEEMS odd that the leader of the free world would bug an aide for not showing up for an appointment with a trainer at the White House gym, as the New York Times reported recently.

Some may see this as an example of a caring boss concerned with the physical well-being of those who work for him. Others, however, might see this as an example of a hostile work environment.

But look at it this way: all of us need constant encouragement in our efforts to keep fit. In the search for that encouragement, we search for new diet programs, fitness books or classes to motivate us to keep on going. Some of us watch "The Biggest Losers." Others resort to new fitness gadgets – calorie counters, pedometers or heart-rate monitors – to add excitement to our exercise routine.

What causes us to lose interest in a weight-loss program or abandon an exercise regimen? Boredom? Lack of will power? Well, according to the Anschutz Health & Wellness Center in Colorado, we only have a certain amount of will power and then it's gone.

Given that, we are lucky if we're surrounded by people who encourage a healthy lifestyle.

Hillary was right when she told us that "it takes a village," and we here at Bench Gym are proud that you have chosen us to be that village.

President Obama believes that vigorous exercise and diet are excellent stress reducers. He believes that it's not about how we look, but rather about having a balance in life. And, given his success, we shouldn't be surprised if come election night, candidates will start emulating Hollywood stars by thanking their personal trainers!

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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.

EARTH DAY: 4/22

Walk or bike to work for a day and burn calories.

**Did you know
that drinking water
before meals
can help you lose
weight?**

Contact Jon Ponce at benchgym@aol.com or 202.775.9400 for your personal training schedule.
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