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Protein drink for dinner?



ONE OF OUR hardworking clients recently asked me if it's good for him to drink a whey protein shake after his hour-long workout session. Protein drinks or shakes have been around for a long time and are used for weight loss, or as a supplement to a normal diet to help people gain muscles and weight.

One such physical-performance enhancing aid that has gained recent popularity is the use of high-quality protein beverages during and after exercise, with dairy-based drinks enriched with whey proteins often taking the forefront. Whey protein comes from milk, which provides the essential amino acids your body cannot produce.

Consuming a food containing high-quality protein (like milk) during and/or immediately following an exercise can help muscles get stronger. A new study published in *The American Journal of Clinical Nutrition* suggests that muscle metabolism after exercise can be manipulated through dietary means – and that the most beneficial timing of protein intake is right after exercising.

Some people are concerned about *Consumer Reports* findings of worrisome levels of unhealthy metals – lead, cadmium, arsenic, mercury – in these drinks. Concentrations of these metals in most products were relatively low, but when taking into account the large serving size suggested, it's more than the authors' idea of a safe limit.

The portion size tested was three times the recommended serving size, based on the premise that some people may consume that much. It is worth noting that all farm soil in the United States – even that used for organic crops – contains some levels of toxic air and water pollution, so no food is completely free of toxins.

Protein drinks should not be an end-all to our daily protein needs. They can be our friend when we don't have time for real food and to help achieve daily protein requirements. However, consuming more protein than our body needs will *not* lead to increased muscle gain but may put your other bodily systems under stress.

Protein should be part of each of our major meals because it helps slow absorption of carbohydrates and better control of appetite or calorie intake. To get an idea of how much protein you need, multiply your body weight by .4 and the number you get is the number of grams of proteins you need. Because protein is critical for muscle repair, athletes generally are advised to eat a gram of protein per pound of weight daily.

Protein – especially from natural sources – taken after exercise keeps your muscles strong and fit. But you should have no more than three daily servings of protein drink supplements.

Bench Gym trainers: The brothers I never had

By Leah Mazar

I HAVE BEEN working out regularly since 2001. In 2006, while living in Los Angeles, I got a personal trainer and loved it. Then in August 2008, I was offered a promotion with a move to DC. I was ecstatic to move, but it was 14 months before my wedding and, as any bride might be, I worried that I wouldn't find a new personal trainer, let alone one who was skilled and within my budget.

I searched the web for personal training locations near my work and contacted the three places I found. The only one I heard back from was Bench Gym. So, literally, the day after I moved to DC, I went to check out Bench Gym. I've been with them ever since.



Bench Gym really puts the "personal" in personal training. It's nothing like the typical crowded, cookie-cutter, impersonal, stinky gym!

That makes it a perfect fit for me. Plus, I liked that I could work my training around my schedule and wasn't bound to when my "assigned" trainer was available. This makes finding time for training much easier and adds to the variety of the workouts.



Over the years I have been with Bench Gym, the trainers have become like family – the brothers I never had! They make workouts fun and unique, push me to challenge myself, make me laugh and cheer me on. They even give me advice on everything from bikes, to where to buy a TV, to healthy eating habits – to who makes good workout clothes.

I am in the best shape of my life and have muscles I am proud to show off! I can honestly say I like my arms, legs, back, and yes, even my butt (LOL: so does my husband – also a Bench Gym client!). I owe so much of that to the trainers at Bench Gym.

It's impossible for me to sum up how much I love being a Bench Gym family member. There is no other gym or trainers in the world I'd rather train with!

BUZZ:

Did you know that Leah Mazar is the first woman at Bench Gym to achieve TRX plank for two minutes, and that her boxing skills are superb? She is also the first person to workout 3 times in 24 hours.