

July 2012



Taking the Gold

The London Summer Olympics is almost here. It takes an exceptional person to be an Olympian, and those who have reached their goals have a common mindset that goes above and beyond that of the average athlete. In the spirit of the Olympics, we are proud to present our two gold medalists:



Leah Mazar, Strength

Leah Mazar never ceases to amaze us with her fitness achievement. Despite the snowstorms, earthquakes and car break-downs, she manages to make it to her training sessions. Leah is determined, focused, and tough, both physically and mentally. Leah always strives to have an active lifestyle.

With one of her many active weekend activities, she went to

Trapeze class and was able to lift her beloved husband up in the air. WOW says it all! When Leah sets her goal, she follows it to her greatest extent. Leah is born with natural ability and sure does have a heart of an Olympian. We are so proud of you. Here is Leah in her own words:

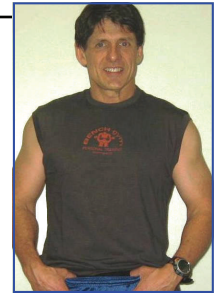
*L*ifting my husband into the air was an awesome feeling! Being able to do each strength/balance trick as good as, or better than, him reminded me why I push myself to keep going even when I don't think I can go anymore.

Strength begets strength. Holding a plank for just five more seconds helps make me stronger and that strength gives me the confidence to do more (like balance my husband on my feet!), and that in turn encourages me to keep building strength so that I can keep doing more!

The trainers at Bench Gym have been a big part of building up the strength I have today, and they are a big source of support to keep working harder!

Bill Schulz, Endurance

Remember the Energizer Bunny? That's Bill! He is at the tip-top shape of his life. He has an extraordinary exercise schedule despite his stressful full-time job. He trains at Bench Gym four times a week, attends Muay Thai class three times a week and runs a marathon. On his vacation trip, he continues to be active, from biking through Croatia to scuba diving and hiking in Fiji. Bill has an excellent mental attitude with a competitive spirit that is characteristic of a true Olympian. He makes us proud! Here is Bill, in his own words:



*E*very day of my life is a gift, and a chance for me to be a better person – physically, mentally, and spiritually. No matter what happened yesterday – what I ate, what I forgot to do, how I treated others, or how I failed to meet my own expectations – today is my chance to turn it all around. I can bring my A-game and I can reach for the stars!

Staying in shape and maintaining my health is an absolute priority. I would no more forgo daily exercise than food and water. My weekly workout schedule makes sense with everything else I do – a demanding job, pets, family and friends.

At 53, I am in the best shape of my life, thanks to Bench Gym. I can dig deep and get more out of myself than I ever thought possible. My balance, stamina, strength, reflexes and co-ordination are better than many people half my age.

And my work at Bench Gym carries over into other corners of my life. I am more confident at work, I look and feel better, and I cultivate a positive mental attitude of courage and commitment to tackle any challenges.

DID YOU KNOW?

The oldest Olympian in history was Oscar Swahn, who competed in the 1920 Antwerp Games at age 72. He earned a silver medal that year as part of the Swedish double-shot running deer team. Swahn won an individual gold medal in his first Olympics in 1908 – at the tender age of 60.