

March 2011

## Eat right – and do it with color!



Diet? What diet?

How about a healthy and colorful diet?

In observance of National Nutrition Month, the American Dietetic Association reminds us that an easy way to focus on eating better is to "Eat Right with Color."

This year's theme encourages us to remember to include a colorful variety of fruits, vegetables, whole grains, lean proteins and dairy on our plates every day.

The recently released 2010 Dietary Guidelines for Americans (DGA) recommends an increased focus on a plant-based diet. This, combined with lean meats, fish, poultry, low-fat milk and dairy products creates a rainbow of colors on the plate. The 2010 DGA also recommends, for the first time, that Americans eat less overall. For more information, visit: [www.eatright.org](http://www.eatright.org).

Think about it: If Lady Gaga can be colorful, so can you!

## Study: Sweets, carbs, lead to lower testosterone

Did you know that junk foods such as pizza, nachos, chips, soda (sweets or carbs) are "feminizing" men?

Many of the unhealthy food men eat today have been found to cause a drop in testosterone, the essential male hormone, and has been linked to low sperm count. These foods hamper the body's ability to produce testosterone by as much as 25 percent.

On the other hand, resistance exercise, such as weight lifting, and increased protein are the best tools to adjust to the muscle loss associated with aging, according to David Heber, director at the Center for Human Nutrition.

## 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.

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## Let's Move!

Incorporate Bench  
Gym fitness into  
your healthy eating  
regimen.

## Born to be a champion

Olympic champion speed skater Apolo Ohno trained at Bench Gym on February 20 with friends Tod and Roya Marelle, Bench members.

Apolo's father named him after the Greek words "Ap," which means "to steer away from" and "Io," which means "look out – here he comes." True

to his name, Apolo is the most decorated U.S. Winter Olympian, with eight medals. And did we mention that he is also a Dancing with the Stars champion?

Apolo's childhood was filled with challenges, including his struggle to balance his desire for independence and reaching his potential as a young athlete. His confidence was shaken several times in his training years (his teammates even called him "Chunky") which motivated him to train harder.

To prepare for the 2010 Winter Olympics, Ohno lost 20 pounds, weighing 145 pounds and was down to 2.5 percent body fat. He endured a five months of three times-a-day training combined with a strict nutritional program.

"Come the Olympics," he proclaimed, "there's no one who's going to be fitter than me." Ohno's interest in philanthropy led him to found the Apolo Anton Ohno Foundation. It has partnered with the Century Council's "Ask, Listen, Learn Program" to discourage underage drinking and to promote a healthy lifestyle.

As he told us, Apolo follows his own advice: "I do not drink alcohol."



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