

June/July 2011

Lift with pride!

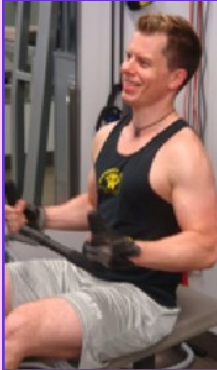
JANUARY 3, 2007. That was my first training day with Bench Gym, and I've been a loyal client since. It was my New Year's resolution at the time. Thanks to Bench Gym's staff, it's a resolution I've happily maintained since then – with amazing results.

When I started, I was 150 pounds. Within three months I was already seeing positive changes. Over time, I've achieved a variety of goals. I'm now 168 pounds while still retaining a body fat percentage in the excellent range.

They keep me motivated and committed. Working out with Jon, Dominic, Mike and Q provides a diverse set of experiences that always keep my body and mind from hitting a plateau or getting bored.

The Bench Gym team is solutions-oriented, personable and just plain fun. Training there is something I look forward to, and it's an enduring partnership that's worth the price and investment. The wellness benefits are remarkable. And, really, it's an investment in my overall health. I'm in better shape at 39 than when I was 21. The Bench Gym team got me there through tailored workout plans aligned with my goals of gaining more lean muscle mass (while not becoming the Hulk).

And along the way, not only have I achieved more fitness, I've gained more confidence in myself. Their style is rooted in best-in-class training techniques combined with a focus on the body and mind. Through their other classes, annual awards competition, weekly achievement acknowledgements and supplemental health content, you get a value-added experience transcending that of a normal gym or other training facilities. (And I get the ultimate flattery of being their poster boy for the Bench Gym ads. Thanks guys!) - Ken Buraker



Sleeping beauty

WE'RE HEARING A lot about sleep these days.

Not too long ago, two passenger planes were forced to land at Washington National Airport without control tower clearance because the air traffic control supervisor was asleep.

In New York, a sleep-deprived driver crashed his tour bus, killing a number of people and injuring many others.

On a lighter note, Chris Hemsworth, who played the superhero Thor, credits his physical transformation to getting enough sleep.

Building muscle is more than just a combination of strength training and a healthy diet. The body's growth hormones are at peak production when we're sleeping. Maintaining good hormonal balance helps us burn fat and build muscle.

Habits that ruin sleep often accompany aging: less physical activity, less time spent outdoors (sunlight is the body's main regulator of sleepiness and wakefulness), poor diet, and taking medications that can disrupt sleep. Some people use alcohol in hopes of inducing sleep when, in fact, alcohol disrupts sleep.

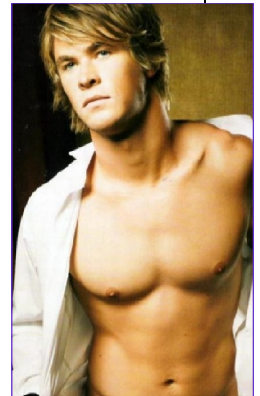
So, how much sleep does a person need before crossing into total impairment?

According to Christopher Colwell of the UCLA School of Medicine, most people need about eight hours of sleep, especially when performing vigilant tasks. As you move down to six hours, performance decreases on those tasks. With four hours of sleep per night, you start getting a number of neural endocrine changes in your body – your stress levels go really high and your performance goes down.

Recognizing sleep as a vital function required for longevity, health and wellness rather than viewing it as an expendable luxury will help you nap away more muscles, burn fat and improve productivity.

And if you care about how you look, more sleep can even make you appear more attractive.

As Spaniards say: "Siesta time!"



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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:

More than 100 million American have sleep disorders and, at the very least, 45 million or so are chronically sleep deprived? For that we can thank distractions such as e-mail, text messaging and online shopping.

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