

## WHY I WORK OUT: A TESTIMONIAL

My name is Thomas E. Singlevich. Several years ago, while attending a meeting in San Diego, California, on a nice warm evening, my wife and I decided to walk along the bay front area and subsequently stopped at an Italian restaurant for dinner. As the meal was being served, I leaned back in my chair and fell asleep. The waitress inquired if everything was okay, and my wife responded by telling her the following, "My husband is overweight, has high blood pressure, and sleep apnea. He'll go to work, come home exhausted, eat dinner, and fall asleep in front of the television. When we return home, he'll be in for a big surprise."

After we returned home, I continued with my usual routine: work, eat, and sleep. About two weeks later while sitting at my desk, my secretary informed me that I had a phone call. I immediately picked up the phone and on the other end of the line I heard the sound of a deep baritone voice say, "My name is Richard Watson and I will be your personal trainer." I said, "Where are you calling from?" His reply was, "Midtown Fitness Center." It was then that I realized that my wife, Bonita, a former karate student of Mike Bogdanski, had called Mr. Bogdanski, the proprietor of Midtown Fitness Center to arrange for a personal trainer to get me in shape. Of course, I tried to stall off any immediate interaction so I said, "I can meet you later this week." Mr. Watson's response was, "I'll see you at the gym in one hour." Once more I tried to get off the hook, "How will I know you?" He said, "That's easy, I'll be the biggest guy in the place when you enter the door." Well, I left work at about five o'clock, arrived at Midtown, and sure enough, there stood Mr. Watson in the door, as big as life. He promptly extended his hand and said, "My name is Richard Watson, go down stairs and suit up, and we will begin your work-out." To tell you the truth, I was in pretty bad shape, so much so that I literally had to start with the lowest weights available for my initial work-out. After struggling through what seemed like one hour of hell, Mr. Watson turned to me and said, "I think you've had enough; you're looking a little piqued. See you back at the gym tomorrow." When I returned home, I dragged my way into the house where my wife was waiting to greet me. She said, "How was your first day at the gym?"

Let me tell you that most of the observers at the gym were making bets that I'd never return, but I had one thing in my favor "perseverance." Thus, for the next ten years, with the exception of vacation weeks, I attended workouts with Mr. Watson three days a week, with each session properly planned and regulated to eventually build up my strengthening and conditioning, as well as, weight loss to the point where my blood pressure went down and my sleep apnea subsided. Most of all I really felt good.

During my stay at Midtown Fitness Center, I performed feats of strength that I could have never imagined. With daily incremental increases in weights that I lifted and the cardiovascular exercises that I performed, I now felt better than I have ever felt before, even than when I was in my twenties. I am now in my sixties but continue with my exercises which maintain my level of conditioning and strengthening. I don't know how long I will live, but I can assure you that I will not die from complications of heart disease resulting from high blood pressure, obesity, and sleep apnea. I am presently

committed to living a healthy lifestyle, watching what I eat, and exercising at least three times a week.

I am a confirmed believer in eating the correct foods and, most of all, in exercise. Also, I never smoked, but if you do, I would like to encourage you to stop now because it will save your life and give you the stamina to work-out. I want to thank Mr. Richard Watson for giving me a new lease on life, and last but not least, my wife who made the initial call to “get me in shape.” May I suggest that you visit Mr. Bogdanski at the Midtown Fitness Center in Putnam, CT and ask him to set up for you a personal health and fitness program. Your body will thank you.

Submitted by: Thomas E. Singlevich, Ph.D., MD., MBA