



good energy

Athlete of the Month



DR. DREW RUBENSTEIN - CYCLIST

Congratulations, Dr. Drew! "Hard Work, Pays Off!" *September's Athlete of the Month* raced 50 miles in the rain for the **Bergen County Bike Tour** on September 26, 2009 – averaging 18.2 MPH. **Dr. Drew** is a true pioneer for **Good Energy** because of his commitment to fitness and living a healthy lifestyle. It's now October, and he still has his pool open so he can swim laps before or after work or ride his bicycle trainer in the basement in case he only has time to perform a DVD "Spinerval" or there is inclement weather.

Dr. Drew is the **GE Athlete of the Month** because he didn't sit around on vacation in Montana, he fly-fished with his son Eric, drove an all-terrain vehicle in the mountains and cycled, strength trained and swam while he was away. In addition, **Dr. Drew** took a rare day off to fish for striped bass in the Atlantic and while away on holiday, fished the Atlantic near Nantucket.

It was not easy for **Dr. Drew** to be awarded this honor. Despite wanting to be bestowed this honor, **Dr. Drew** became a close 2nd many times over the past five years. In fact, he thought that delivering the owner's four children would bring him closer to this achievement. **Dr. Drew** is a private practitioner of obstetrics and gynecology in Saddle River and performs his surgery at Hackensack University Medical Center. **Dr. Drew** had been recognized numerous times as a **Top Doctor in New Jersey** and we commend him for not only being a Pro's Pro in the obstetrical and gynecological industry, but approaching his health with the same desire, focus and passion.

The **GE Staff** takes the **Athlete of the Month** very serious and would not give this award to any client, only the most deserving of the month. **Dr. Drew** could receive the *Athlete of Longevity* award because of his commitment to wellness and the **GE Program**. He has lost 40 pounds since beginning his 2x per week regiment in 2004 and has most recently picked up the swimming obsession that keeps him lean and in better condition when on the bike.

Although many of his cycling partners have their own methodology on cross training, **Dr. Drew** believes in the diverse regiment of **Good Energy** and joined the *Strength & Power* program this Fall to add strength to his "new" lean body. **Good Energy** is a better place because **Dr. Drew** makes the commitment 2x per week to train at our shop. Not only does he give 100% every time he trains, he does not make excuses about his unpredictable work schedule but rather - takes advantage of his **GE** hour to get a mental and physical release from a pressure packed week. **Dr. Drew** enjoys the atmosphere at **GE** and pushes our high school athletes to achieve more by his determination to stay fit.

It is worth noting that **Dr. Drew's** accomplishments in the **Bergen Bike Tour** are only outdone by his generosity. He was honored as Donor of the Year in 2008 raising more than \$9,000 for the dual charities of *The Tomorrows Children's Fund* and the *Bergen Volunteer Center*.

Dr. Drew, Good Energy congratulates you for your **Leadership, Generosity** and **100% Effort!**

GO GOOD ENERGY!



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