

The Body You Want
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DC Fitness Studio Adds Class to Benefit Local Food Bank
"Bring your cans to our new Sunday workout"
Lean protein collection for Capital Area Food Bank

WASHINGTON (April 3) -- The Body You Want Fitness Solutions has added a metabolic acceleration class to its Sunday schedule. And instead of charging for the class, participants are asked to bring food for the Capital Area Food Bank.

"The class is free," said TBYW co-founder Josef Brandenburg. "All we ask is that participants bring four pounds of lean protein -- canned chicken, tuna or salmon. They can also bring natural peanut butter." The food will be brought to the food bank, which has seen unprecedented demand in the years since the economic downturn.

"What low-income families need more than anything else is lean sources of protein," according to Brandenburg. "That helps balance out their diet by displacing the unhealthy, refined carbohydrates that so many people eat in excess."

The class starts at 11am and runs 45 minutes. It will be held every Sunday in April and is recommended for people at most fitness levels. Beginners are welcome, though people with heart issues should not take this class. As with any fitness regimen, consult with your doctor if you have any questions or concerns.

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For more information, contact TBYW co-founder Natillie Rauch at (202) 316-1457.

To hear Josef discuss the lean protein food drive on WTOP, click [here](#).

For more information about the Capital Area Food Bank, click [here](#).

For more information about the personalized fitness programs we offer, click [here](#).

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For the best fat-loss and fitness in DC: www.thebodyyouwant.com

My blog: www.josefbrandenburg.com