

INSIDE THIS ISSUE....

- Support orphan care in China
- Our newest office locations
- Become part of our community
- Expert exercise & nutrition tips
- And much more!

If you're local and you golf, you can win an easy \$25,000!



Ben has found a great local organization to support. Two Tiny Hands offers support to the parents and children of a family that has suffered the loss of a young child. They are having a charity golf tournament on October 1 and Ben is the sponsor of their hole-in-one contest. What does this mean for you? It means that you could win \$25,000 from BenGlassLaw! If that number doesn't pique your interest, nothing will. Go to YouCanWin25000.com to receive more information about the tournament and how you can line your pockets with a cool \$25K.

Reminder About Our Firm's Communication Policy

Our promise to you is that while we are working on your case, we don't take inbound phone calls, faxes or emails. Ben Glass takes no inbound unscheduled phone calls whatsoever. It makes him much more productive and helps get your case resolved faster. You can always call one of Ben's assistants, Bridget or Amber, at 703-591-9829, and schedule an in-person or phone appointment, usually within 24-48 hours. This is a lot better than the endless game of "phone tag" played by most businesses today. Remember, too, that email is "quick," but is checked no more than twice a day. Replies are then scheduled into the calendar. So if it's really important, don't email--call Bridget or Amber

This publication is intended to educate the general public about personal injury, medical malpractice, and small business issues. It is not intended to be legal advice. Every case is different. The information in this newsletter may be freely copied and distributed as long as the newsletter is copied in its entirety.

This newsletter is for informational purposes only and no legal advice is intended.

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There's Still Time to Support Orphan Care in China, Root for Ben in the Marathon and Enter to Win a Great Prize for Yourself by Ben Glass

(Go to RunBenRun.com for your last chance to win a cool prize BEFORE October 30!!!)

I can't believe that the Marine Corps Marathon is just around the corner. It seemed so far away when I wrote the date in the calendar about five months ago and then carefully mapped out my running plan that would help me achieve a "PR" (personal record). It was so easy to write out my goals on a nice, clean calendar. Of course, I didn't account for the nagging left knee pain, a dreadfully hot and humid summer and, of course, the seemingly increasing number of things that need to be done around the home and office.

It happens that way with goals sometimes; doesn't it? We all write them down. We usually write down a bunch of stuff in December, in time

for a fresh start, because it's the "New Year." Then life gets in the way. The world sends a bunch of "stuff" at you, but you are supposed to persevere and "go for it."

Of course, if we let the stuff life sends us continuously misdirect us from our goals, we will never get anywhere. If everyone thought: "Oh, darn, didn't plan on that! I'll get back to my goals later," then we would all be running around just responding to "events."

Here's the secret: You must carve out a quiet time for yourself. Call it what you want: meditation, prayer, peaceful time, but carve it out. It may require,

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Clients residing in Richmond and the surrounding area will be relieved to hear that we've opened a satellite office in Richmond, Virginia. Ben visits this new location several times a month, allowing for more convenient face-to-face meetings with clients who would normally drive three hours to reach his Fairfax office.

To serve our clients in Gainesville and the nearby area better, we've opened a satellite office in Gainesville, Virginia. By visiting this location on a regular basis, Ben saves his clients from having to face the perils of Northern Virginia traffic.

Be on the lookout for the opening of other new locations!

We Have Six Office Locations to Serve You

Fairfax Office
3915 Old Lee Highway
Ste. 22-B
Fairfax, VA 22030

Gainesville Office
7350 Heritage Village Plaza
Suite 101
Gainesville, VA 20155

Herndon Office
13800 Coppermine Rd.
Herndon, VA 20171

Reston Office
12020 Sunrise Valley Dr.
Ste. 100
Reston, VA 20191

Richmond Office
1506 Willow Lawn Dr.
Suite 121
Richmond, VA 23230

Manassas Office
10432 Balls Ford Rd.
Ste. 300
Manassas, VA 20109

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There's Still Time to Support Orphan Care in China, Root for Ben in the Marathon and Enter to Win a Great Prize for Yourself

as it does for me, getting up earlier in the morning. You might be able to steal some time during your lunch hour or after the kids have gone to bed. Turn off the devices (computer, iPad, iPod, cell phone) and give yourself the gift of peace and quiet.

This is, for many of us, the perfect way to write out what it is we want to accomplish on a long-term, short-term and immediate basis and to strategize with ourselves how we dodge life's "stuff."

Tip number two: Do this with a buddy. In my life, I have a close mastermind alliance with a couple of buddies who fight for each other, watch each other's back, and keep each of us pushing forward towards our goals. I wrote about a lot of this in my book, *The Ultimate Success Secret*, (co-authored with Dan Kennedy) and I'm happy to report that Dan and I are finishing up a new, revised version which will be published very shortly.

Pace Calculator provided courtesy of [Bruce Hamilton](#).

Non-Metric: Enter all distances in miles (see [conversion chart](#) below). Pace is calculated in minutes/mile.

Category	Distance Run	Hours	Mins	Secs	Pace(min)	Pace(sec)
Actual:	20	3	34	00	10	42
Category	New Distance	Hours	Mins	Secs	Pace(min)	Pace(sec)
Projected:	26	4	45	44	10	59

Calculate Reset from RunningTimes.com

Predict Ben's 2011 marathon time and win your choice of a Kindle 3G or iPod Touch! Go to [RunBenRun.com](#) and enter.

By the way, back to the headline: When you take a guess and predict my marathon time—I've done the hard work for you and I've even inserted my latest 20-mile time into one of those whiz-bang "marathon predictor" websites (above).



Go to [RunBenRun.com](#) and enter. It's free. You could win a Kindle or an iPod (for use only after you have taken quiet time to set and achieve your goals). It would be great, too, if you would contribute to Love Without

Boundaries. Once you enter to win the cool prize, you'll be taken to a page where you have the opportunity to donate. You don't have to, but it may help fulfill your goal of "do unto others" and the quote from James 1:27 "to look after orphans and widows in their distress and to keep oneself from being polluted by the world." ■



Do you enjoy our newsletter and want to get in on more fun with BenGlassLaw?

Go to [Facebook.com/BenGlassLaw](#) to "Like" us and you will have access to Ben's thoughts on breaking news, info on community events, exclusive book/gift offers, consumer advocacy updates, inside-the-office updates, discussions with the BenGlassLaw staff and much more!

Take a minute right now to "Like" BenGlassLaw on Facebook and be part of our community!



Go to [Facebook.com/BenGlassLaw](#) to "Like" us



The One Exercise They Say You "Shouldn't Do"

For some reason, doctors and other health professionals INSIST on avoiding squats—especially the older you get. They say it's bad for your knees or you'll hurt yourself, but in all reality, these are huge myths.

On the contrary, when squats are performed properly, there are a number of benefits you get, such as:

- Full engagement of your body
- More natural lubrication in your joints
- Boosts in strength and stamina throughout your whole body
- Increased Balance for Injury Prevention

However, the most common mistakes when performing a squat are:

- Arching your lower back
- Lifting your heels off the ground

- Leaning forward too much
- Not going low enough
- Bowing your knees in or out

These slip-ups in form will only provide you with aches, pains and injuries, which is why this phenomenal exercise gets such a bad reputation from those who don't understand it. Here's what you have to do to correct all these and enjoy the numerous benefits from this highly effective exercise as you go from standing, down to a seated position, and back up:

- 1 Make the knees track over the toes, NEVER in or out of the line of your feet!

2 Butt back, head up! This will force your body to sit down into the squat instead of just lowering your upper body forward and off balance.

3 Dig through your heels when coming up, as this engages the posterior chain of your body which uses your glutes and hamstrings. These muscles, in combination, are the most powerful force your body can produce!

4 Don't forget, NEVER let your lower back arch.

P.S. Think of it as sitting down in a chair then standing back up! ■

What's so Good about Fat Anyway?

Not all fats are bad! In fact, eating a good portion of healthy fats is essential to proper diet and health.

The two biggest marketing messages used far too generally are low-fat and fat-free, which can both be extremely misleading. A lot of the time, foods labeled in either fashion contain supplemental ingredients which are worse for you, much like in sugar-free foods and drinks.

Let's look at the categories of fat, starting with the Bad Fats:

Saturated Fat: Typically comes from animal products, such as milk and meat. Good to avoid, but a small amount is

okay and beneficial to your diet.

Trans Fat: The fat you'll find from deep fat fried foods at fast food restaurants. AVOID these at all costs, made from hydrogenation of unsaturated fats, which gives longer shelf life to foods.

And for the Good Fats:

Monounsaturated Fats: Found in foods such as avocados, peanuts, and olives or the oils that come from them. This type of fat is great for lowering

cholesterol, and helps Type II diabetics

maintain a normal blood sugar level.

Polyunsaturated Fats: Easy to find in most foods, but are more common in soy beans and most types of fish. Great for preventing coronary heart disease, high cholesterol, blood pressure, and Type II diabetes.

The one thing we can't forget is healthy fats are great in moderation, which means 20%-35% of your daily intake.

Fats also are much more calorie dense than protein or carbs, so pay extra attention to serving sizes! ■



JOHN CASTO is an NASM Certified Personal Trainer and a Crossfit Level 1 Trainer. He found his passion or fitness while pursuing his own body transformation during his first few years at George Mason University. Having hypothyroidism never made his weight management exactly easy, but he learned the ways of proper diet and exercise while dropping 25 pounds and 8% body fat over 5 months. Throughout the last few years of his time at GMU, he received his NASM Personal Trainer Certification while working at a local gym, while training clients at their homes, as well. Shortly after graduation, John took a chance while starting Action Fitness to build the dream he had envisioned his last few months in college.

ACTION FITNESS is a professional fitness company that specializes in personal training for women, in-home and with group exercise, throughout Fairfax County and Northern Virginia. While most gyms in Northern Virginia offer "qualified, jack of all trades" personal trainers who may have recently received their certification, we specialize and focus our efforts on one group, which is much more effective. In our case, expertise with training Working Women and Stay At Home Moms is where we excel. Personal training for women is a whole different chapter than your average meat market gym junkie, which is why our comprehensive and effective workout programs are prescribed on point for what women actually need.