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ISSUE



INSIDE LOOKS  
FOR MEN  
WITH MOVES

DREAM WELLNESS



### Living the DREAM

To pay his way through chiropractic school, Brian Stenzler, M.S., D.C., was a personal trainer. Now he is the president, CEO and co-founder of DREAM Wellness, practicing a balanced life of D(iet), R(elaxation), E(xercise), A(djustment) and M(ental Wellness). Along with co-founder Gregg Baron, M.S., D.C., COO, Stenzler has opened four DREAM Wellness centers, where people can maintain their health with services including digital nerve scans, yoga classes, massage therapy, chiropractic care and organic cooking classes.

### 944: What's the most beneficial fitness tip you give to your clients?

BRIAN STENZLER: By far the most beneficial fitness tip I can give would be to make sure that the body is prepared mentally, physically, emotionally and spiritually before any workout.

### If you could only tell people to do three exercises, what would they be?

The three exercises that I would recommend over any others would be push-ups, sit-ups/crunches and squats.

### What do most people forget to do when working out?

Most people do not drink enough water when working out. Dehydrated muscles are going to be tenser, weaker and not nearly as productive.

### What is your personal fitness regiment?

I hit the weights three times per week, exercising two body parts plus abs. Yes, I do abs with every workout. I do cardio in the gym at least two times per week for 35 minutes. I also do at least one Pilates or yoga class weekly.

### DREAM Wellness

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