



Bocchicchio

## Close-up

# Gym owner has worked no more than three days a week for 35 years

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Ben Bocchicchio, owner of Doctor's Fitness Center in Phoenix, invented a slow resistance training technique in 1974 as a grad student. More recently, he developed the Metabolic Makeover, a workout program designed to change metabolism.

Bocchicchio opened his Sports Conditioning fitness center in New York in 1974, and within four years the operation grew to seven locations. In 1980, he opened Courts of Appeal, one of the largest fitness centers in the city at the time. Gold's Gym bought two of his New York facilities in 1990, and he sold the rest to his partners. Two years later, Bocchicchio moved to Phoenix to go into semi-retirement. Shortly after that, he started training friends at Biltmore Financial Fitness Center at 24th Street and Camelback Road.

"I was there about three to four months, and management asked me to take it over. I made them a deal," said Bocchicchio, who turns 60 this year.

The deal was that he would take over the fitness center's operations and use a portion of the space for private consultations and studies. He renamed the business Doctors Fitness Center as part of the deal.

Bocchicchio has a doctorate in muscle physiology from North American University and a doctorate in health services with a specialization in physical exercise from Walden University. He has trained numerous professional athletes, models, Olympians and actors.

When he's not working out or training others, he likes to read and write articles.

"I've been doing this for 35 years," he said. "I've never worked more than three days a week in my life. My hobby is still work-connected."

For more: [www.drbenmetabolicmakeover.com](http://www.drbenmetabolicmakeover.com).