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Quote of the Month

"The difference between the impossible and the possible lies in a man's determination."
– Tommy Lasorda

Did You Know?

- Forty percent of Americans deal with stress by overeating or eating unhealthy foods, according to a recent survey by the American Association.
- Postmenopausal women who are overweight or obese have a greater risk of developing kidney cancer. A larger waistline and a history of weight cycling further increase this risk – American Journal of Epidemiology.

VERT Squats

By VERT Staff

Objective: to strengthen the major muscles of the lower body

Muscles Used: Quadriceps, Hamstrings, Calves, Gluteus Maximus, Abductors, and Adductors

Form:

Foot Position: start with your feet shoulder width apart and take a half step forward.

Hand Position: place your hands in a position where you can hold the arm without creating too much compression down on your spine. Most of you will hold the handles, the pads or the arm itself.

Head Position: the head should be relaxed with eyes focused forward and chin up to reinforce good posture.

Upper Body Position: you should feel that you are at a slight lean; your hips should be underneath your shoulders.

Squat Position: Your body position should be no lower than ninety degrees. Your hamstrings should be parallel to the ground. Your knees should **NEVER** go forward over your toes.

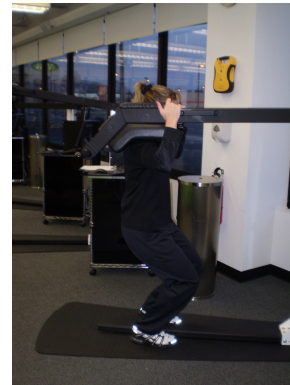
Performing the exercise:

Down Phase: upon hearing the starters' pistol the individual should drop slowly. The reason for dropping slowly is to eliminate the amount of compression on the spine. Also controlling your body on the way down will allow you to be more explosive and generate more POWER with your legs on the way up. To perform this exercise correctly, make sure you are dropping your hips to the ground stopping at a ninety degree angle. You should feel like you are slowly about to sit back in a chair. It is vital that the individual remembers that their knees should stay over their heels and **NOT GO PAST THEIR TOES!**

Push Phase: after dropping down to a squat position slowly, the individual will generate speed and power by pushing off the ground while keeping the feet flat. Keep in mind muscles you are using while performing the exercise: Quadriceps (thighs), Hamstrings (back of the leg), Calves, Gluteus Maximus (buttocks), Abductors (outer thighs, hips) and Adductors (inner thighs). **DO NOT TAKE YOUR TOES OFF THE GROUND!!!!!!** We want you to drive through your heel. Do not drive through your heel and take your feet off the ground. You are locking out your knee joint by doing this and putting yourself at serious risk of injury. When you are driving up with your legs to full extension do not thrust your hips forward at your peak up position. You always want to keep your knees soft (slightly bent). While performing the exercise the individual should always concentrate on keeping the abs tight in order to stabilize the spine. **Correct**



Correct



Incorrect



Correct

Therapy & Rehab

- Come in and learn about injury prevention

VERT Online Nutrition Program

- VERT has just launched it's complete online nutrition program
- Please ask us for details to get started with this FREE service for our clients

Nutrition Consultation

- VERT welcomes Danielle Marzano as another nutritionist option for our clients.
- She focuses more on diet nutrition advice.
- First consultation with her is free and she will be at VERT Tuesday evenings and available for other appointments in her Syosset office. Contact us for more information.

Nutropia

- Nutritious Gourmet food delivered fresh daily (never frozen). To be featured in People Magazine.
- This is the first food program that passes Dr. Marchetti's requirements, and we have asked him about many other programs.
- Sign up and mention that VERT referred you and lock in for only \$31 per day (3 meals 2 snacks per day).
- Ask us for more details in the center

How this exercise relates to everyday activities: Performing squats helps build the foundation of the body which are the legs. Squats make it easier for one to sit down and get up out of a chair easier, walk up and down the stairs without getting out of breath, pick things up off the ground with less effort and, hopefully we will not see it before next winter, but squats make it easier to shovel that snow off the ground. In addition, for the athlete in all of us, squats will improve our jumping, running, explosiveness, stamina, and strength.

Key Points to Remember:

1. Look straight ahead at all times to reinforce good posture.
2. Never lock out your knee joints always keep them soft
3. Your feet should be shoulder width apart and then a half step in front of you.
4. Hold the VERT arm loosely either on the pads or the handles.
5. DROP SLOWLY TO YOUR SQUAT POSITION!!!!
6. Stop at a 90 degree angle with your legs.
7. Your feet should never go in front of your toes.
8. The shoulders should be relaxed, do not shrug them up as you explode with the legs.
9. Remember to hold the VERT arm loosely, either on the pads or the handles.
10. Keep your back straight and abs tight to reinforce good posture.
11. Explode up like you are breaking through a brick wall above you.
12. This is a strength, cardio and flexibility enhancing exercise.

Always smile and thank your wonderful trainer for putting you through such a great workout!

VERT Fit Star of the Month



Stefania Tomaselli

Occupation: Financial Analyst for Hedge Fund

Favorite VERT Exercise: Jump Squats

Favorite Health Food: Greek Yogurt

Fitness Goals: To lose weight, be healthier and stronger

Fitness Achievement Highlight: In 26 weeks she has lost **24 pounds of fat** and put on over **11 pounds of lean body mass**. Her strength has improved **35 %** and her flexibility reach has almost **doubled**. Who wouldn't want to invest in these types of results.

Favorite Activity Outside of VERT: Cardio Shopping

VERT Positive Impact: "My friends and family think I look great and that I have more confidence". "VERT is a great workout. You get personalized attention and GREAT results".

Arbonne

- New Product – FYI (For Young Individuals) – Ask for details
- Check out the only skin care line we were impressed with enough to offer our clients.
- It is all botanical, hypoallergenic, and uses essential oils vs. mineral oils. Their nanosphere technology (born from cancer research) targets those skin cells that need it most.
- Ask for a sample kit and experience how much better this is for your skin than anything else out there.
- Interested in saving significantly off the retail price and exploring a simple additional revenue stream? Ask us how you can become an Arbonne Consultant.

VERT Referral Program

- Don't Forget our Spring Madness Promotion – Get a \$50 Gift Certificate to one of three great restaurants for every trial you referred and be entered into our grand prize pool
- Remember to take advantage of the VERT referral program and receive 1-4 weeks of free training for anyone that signs up based upon their package.

The Truth Behind Omega-3 and Vitamin C

Princeton Research Study 2008



A variety of health benefits have been attributed to the consumption of omega-3 fatty acids, including a reduced risk of coronary heart disease. But research that has looked at omega-3 fatty acids offers conflicting results. While some studies have found that consuming omega-3 fatty acids can decrease the risk of heart disease, other studies have found no benefit. These contradictory findings might be best summed up by the U.S. Food and Drug Administration (FDA), which notes that there's "supportive but not conclusive research" that omega-3 fatty acids "may reduce the risk of coronary heart disease." Good sources of omega-3 fatty acids are fatty fish such as salmon and tuna. When taken in reasonable quantities, there doesn't appear to be any dangers from consuming omega-3 fatty acids. The FDA has determined that intakes of up to 3 grams per day of omega-3 fatty acids are "generally recognized as safe." The bottom line is that more consistent evidence must be shown to prove that there's a link between omega-3 fatty acids and a decreased risk of heart disease.

For many decades, it has been thought that vitamin C can aid in the prevention and treatment of the common cold. Interest in vitamin C was spurred by the work of Linus Pauling, who won Nobel prizes in chemistry and peace. In an exhaustive review of the literature, researchers pooled the data from studies in which subjects were given at least 0.2 grams of vitamin C per day, and compared the treatment to a placebo. In 33 studies that involved 11,350 subjects, vitamin C didn't reduce the risk of developing a cold; in 30 studies that involved 9,676 subjects, vitamin C reduced the duration of colds slightly; in seven studies that involved 3,294 subjects, vitamin C wasn't significantly better than a placebo after the onset of symptoms; and in four studies that involved 2,753 subjects, vitamin C wasn't significantly better than a placebo in reducing cold severity. The review did find evidence that taking vitamin C was beneficial by those who were exposed to brief periods of severe exercise or cold environments (such as marathon runners and skiers). Vitamin C appears to be safe in dosages of up to several grams per day. Researchers concluded that "there seems [to be] no justification for routine vitamin C supplementation in the normal population."

Spring is in the Air!

By Brenda Hager

Mother Nature is beginning to tease us with snippets of warm weather, trees and flowers are starting to bloom and gas prices are inevitably rising. Spring is in the air and summer is a short distance away; therefore let's get up off our seats and concentrate on our fitness plans!



We are a nation that sits. We sit when we eat, when we drive, when we watch TV, when we go to the movies, ball games, concerts, you name it! With the exception of the short intervals while in line, shopping, or on our way from the seat in our car to the seat at our desk; we are rarely on our feet. Add to that, the hours we are lying down and that leaves little time to be in motion. Thus, the idea for this spring is to get off our seats!

Changing the little things in our lives can make a large difference. For instance, there is no reason why you could not hold a one-on-one meeting while walking instead of sitting down to coffee or lunch. There is no reason why you could not cook with your family standing around the table chopping things rather than buying microwaveable dinner.

- Receive 15% off your entire purchase, just mention VERT – valid until 4/30/08
- Located at 7965 Jericho Turnpike, Woodbury, NY, 11797 – next to Ben's Deli

Contact Us

516-334-8378

jericho@vertcenter.com<http://www.vertfitness.com>

There is no reason you could not choose activities for you and your family on the weekends as opposed to watching TV or going to the movies. Even getting up and walking every time you answer the phone at work or home can make a difference.

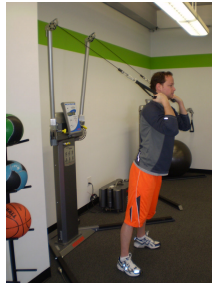
Think of your calories as disposable income. If you get a pay raise you will either spend it or save it. The same holds true for calories. Therefore, if you do not spend your calories in activities, the calories will have to go into savings. Thus the savings will now be considered bodyfat! It is said that lean people store at least two to three months of their calorie needs in fat, while obese people can carry around a year's worth of calories! So feel free to save the cash, but throw away any extra calories.

Today's nation has become very sedentary as we use cars, remote controls, lawn mowers, snow blowers, drive-thru, elevators, dishwashers and dog walkers. So this spring, let's get outside and go for a walk, bike ride, start gardening, wash the dishes and take the dog for a walk. While at work, take the stairs, make your meetings mobile, take a walk while proof reading and stand up when answering the phone. Spring is in the air and it is time to get off our seats!!

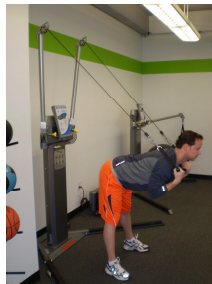
Exercise of the Month – Good Mornings

Start with feet shoulder width apart facing away from the Keiser Multifunction machine. The Keiser arms should be adjusted to "C" which is directly overhead.

Grab the Keiser grips overhead, bending elbows in order to bring hands down to the front of your shoulders. Palms should be facing toward your shoulders.



While holding the grips against your shoulders and keeping your core engaged, bend forward at your hips while keeping your back straight. Bend only as far as 90 degrees so that your torso is now perpendicular to your legs. Return to starting position and repeat 10-15 times.



Progression to Good Morning with a twist

Start with the same position above.

While holding the grips against your shoulders and keeping your core engaged, bend forward at your hips while keeping your back straight and twist so that your right elbow is pointing toward your left toe. Bend only as far as 90 degrees so that your torso is now perpendicular to your legs. Return to starting position and repeat by then twisting to the opposite side. Repeat twisting 10 times to each side.

