

## In This Issue

- The Zig Zag Diet Plan
- VERT Fit Star of the Month
- Obesity Secret Ignored
- VERT Exercise of the Month

## Quote of the Month

*"Inspire me with love for my art and for thy creatures"* – Moses Maimonides The Physician Oath

## Did You Know?

- Adults with the highest fitness levels were 31 percent less likely than their least-fit counterparts to have a heart attack or stroke, or to require a procedure for heart artery blockages – American Journal of Epidemiology June 2007
- People with type 2 diabetes can manage their blood sugar effectively with regular exercise, even without changes to diet and medication – Diabetologia May 2007

## Are you a candidate for a Supplement

By Danielle Marzano – Registered Dietician

Ideally, you should be getting your daily supply of vitamins and minerals from your diet, not from pill-popping. In addition, food provides you with energy in the form of calories, which you do not get from pills. However, it is a good idea for most to take a multivitamin/mineral that supplies 100% RDA.



The following groups might lead you to nutritional risk where supplementation would be appropriate:

- Do you constantly skip meals, grabbing only snack foods throughout the day? Do you eat fewer than five fruits and vegetables each day? You might benefit from a multivitamin/mineral supplement (providing 100% RDA) to fill in the nutrition gaps. Also, consider a separate calcium supplement with vitamin D.
- Are you a vegan or a strict vegetarian? Meat, dairy, and other animal products are rich sources of vitamin B12. Therefore, if you are a vegetarian, you may benefit from a supplement that supplies the RDA for B-12 and the mineral calcium.
- Are you over 60 years old? People in this category might have a decline in the absorption of the following vitamins: B-6, B-12, C, D, E, Folic Acid, and the mineral Calcium. A daily multivitamin/mineral might provide some extra insurance.
- Do you regularly drink alcohol or smoke? Excessive drinking and smoking may interfere with the body's ability to absorb and utilize certain vitamins and minerals.
- Do you constantly fad diet? If so, chances are that you are cheating your body of important nutrients and would probably benefit from the insurance of a multivitamin/mineral supplement.
- Do you completely avoid specific foods? Fish, for example? Certain people may avoid certain foods due to intolerances, allergies, or preference. In these cases *specific* nutrient supplementation may be needed.

### FOR WOMEN:

- Do you experience heavy bleeding during monthly menstruation? If so, you might be losing iron-rich blood. It is important to get routine blood work done to identify iron deficiency.
- Are you pregnant or breastfeeding? Prenatal vitamins usually include extra Vitamin A, C, B-1, B-6, B-12 and folic acid. It is also important to ensure that you are receiving enough Calcium.

*If you would like to discuss diet supplementation according to your specific needs, please sign up to make an appointment with Danielle Marzano, Registered Dietitian.*

## VERT Physical 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

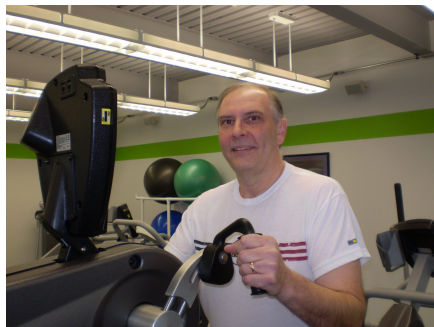
## Nutrition Consultation

- 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 \$29.99 per day (3 meals 2 snacks per day).

## VERT Fit Star of the Month



### Fred Kortman

**Occupation:** Chief Financial Officer

**Favorite VERT Exercise:** Standing Press

**Favorite Health Food:** Salads

**Fitness Goals:** Weight loss, stamina increase, and cardio fitness

**Fitness Achievement Highlight:** In 12 weeks he has lost **over 30 pounds** of fat and put on over **20 pounds** of lean body mass. His waist has gone **down 2 inches**. As a finance officer how do you put a price on these results?

**Fun Fact:** Giants Football Fanatic. Go Big Blue!

**VERT Positive Impact:** "I feel better and my friends and family have noticed. This is a good program with friendly people that gets results".

## Obesity Secret Ignored

Dr. Peter Marchetti

One of the leading causes of obesity is totally ignored by the food industry, by public officials and the media, despite the fact that there is tremendous scientific evidence confirming its role. In 1969, neuroscientist Dr. John Olney discovered that feeding newborn rats MSG (monosodium glutamate) caused them to become grossly obese.

Each time he repeated the experiment, he saw the same thing. Subsequent studies have shown that this phenomenon occurred in most animal species, indicating that it wasn't something peculiar to the rat.

For over fifty years, researchers knew that a pinpoint injury to certain parts of the hypothalamus portion of the brain would cause an animal to become grossly obese. What they would later discover was that MSG itself actually destroys the same area in the hypothalamus.

Disturbingly humans are five times more susceptible to MSG toxicity than even the most sensitive lab animal. We know that the level of excitotoxins added to our food is at least equal to (and sometimes exceeds) the amount needed to produce the metabolic syndrome in animals. Recent studies have shown that glutamate (MSG) and other excitotoxins—most notably "diet" or artificial sweeteners can powerfully stimulate the insulin-producing cells of the pancreas.

Excess insulin can cause hypertension and the type-2 diabetes — by stimulating chronic inflammation and other mechanisms. And remember that insulin resistance can also lead to high insulin levels.

In discussions about obesity, you may have heard about leptin. This enigmatic chemical is produced in the fat cells and controls many things, including fat accumulation. Normally, when leptin surges into the blood, it enters the brain and acts within a specific



- Ask us for more details in the center

## 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

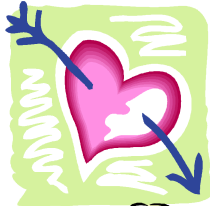
- Remember to take advantage of the VERT referral program and receive 1-4 weeks of free training for anyone that signs up based upon their package.

group of neurons inside the hypothalamus to powerfully suppress the appetite and increase fat burning, thereby making us thinner. But MSG, artificial sweeteners, and other excitotoxins damage the very nucleus of brain cells needed to do this. In experiments, MSG rendered leptin ineffective, causing the animals to become grossly obese. Scientists call this leptin resistance, an occurrence linked to obesity in both children and adults. Also MSG and artificial sweeteners cause more glucose to enter fat cells, preventing it from being burned in muscle cells as it should. As a result, more fat accumulates – especially around organs and within the abdomen (visceral fat).

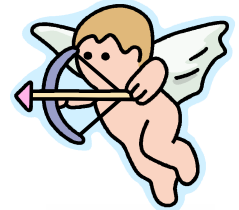


In fact, one of the acknowledged effects of aspartame is weight gain. The FDA even lists increased weight as one result of using the sweetener. Like glutamate, aspartame stimulates the pancreas to secrete insulin, making you hungry – especially for sweets. And the more you drink, the hungrier you get. Just like glutamate, aspartame destroys the arcuate nucleus, which in turn produces leptin resistance. As a result, you get fatter and fatter!

# This Valentine's Day Give the Gift of Health & Beauty



- **VERT Gift Certificates for:**
  - Personal Training
  - Deep Tissue Relaxation Massage ½ hour or full hour
  - Acupuncture for stress reduction
  - Nutrition Consultations
- Polar Watches & Wearlinks – 10% Off
- Arbonne Skin Care Products – 10% Off
- VERT Train Smarter Shirts – Limited Introductory Price



- Receive 15% off your entire purchase, just mention VERT – valid until 2/29/08
- Located at 7965 Jericho Turnpike, Woodbury, NY, 11797 – next to Ben's Deli

**Contact Us**

516-334-8378

[jericho@vertcenter.com](mailto:jericho@vertcenter.com)<http://www.vertfitness.com>

## Exercise of the Month – Medicine Ball Chop

### Medicine Ball Chop

**Overhead Chop**

Set up in a solid athletic stance, feet shoulder-width apart, with your chest and shoulders just over your knees. Hold a medicine ball with your arms fully extended so that the ball is between your knees. Set your core before initiating movement.

Swing your arms straight up so the ball will move up overhead, just as you might swing an ax. Once you have reached the overhead position, reverse your movement as fast as you can, and drive the ball back down with a powerful chop. Reverse the movement again and continue until complete. Once you have completed the overhead chops, the second consecutive movement is the overhead lateral side bend.

**Overhead Lateral Side Bend**

Maintaining an athletic stance hold the ball overhead with arms in a fully extended arm position and laterally flex at your waist so you bend over to one side. Once you have flexed laterally as far as you can, reverse the direction to the opposite side. The movement speed should not be explosive, but it should be done at a moderate speed.

**Standing Twist**

Continue the same solid athletic stance, and flex your arms forward so the ball is held out front at chest level. With a somewhat fast paced movement, rotate to one side. Ensure that you follow the ball with your eyes and head as you turn.

Once you have reached your full range of rotation, rotate back to the opposite side, again following the ball with your eyes and head. The final exercise is the ax chop with hip flexion, which ties in the upper and lower body in a complex movement.

**Ax Chop with Hip Flexion**

Immediately after your last standing rotation, move the ball up over one shoulder, and slide the opposite leg back on an angle of approximately 30 degrees.

Begin the movement by simultaneously chopping down with the ball and flexing your opposite hip up with a very fast movement. Once the ball has met the outside of the thigh, return to the original start position. Complete 10 repetitions to each side and then rest. Once you have completed one full mini-circuit, rest 60 to 120 seconds and repeat three or four circuits.

