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Quote of the Month

"If you train hard, you'll not only be hard, you'll be hard to beat".
 – Herschel Walker

Did You Know?

- Using a tanning bed increases the risk of developing skin cancer by 98% for those 35 years and younger, with one visit increasing the risk by 22 percent.
- People who consistently engage in high levels of exercise over the long term (expending 2,500 calories per week) are the most successful at losing weight and keeping it off compared to those who exercise less.
- Syracuse University has just won the 2008 Lacrosse Championship. They hold the most titles at 10.

Keeping Your Eye on the Prize

By Brian Corbo

In the world today we all look at the big picture, but it's truly the small things that mean the most. When determining our fitness goals we should all have long term, short term, and day to day goals set for ourselves.

Long term goals are those we most fixate on. For example: losing 30lbs, dropping 5 dress sizes, decreasing body fat by 10%, cutting down our mile time, improving our vertical leap by 10 inches, or getting off that high blood pressure medication. While these goals are all attainable, at the same time they are also what makes many of us fail in staying motivated in obtaining them. These long term goals do not stay long term often. We as humans have the tendency to want things quickly due in part to our fast paced society. Patience is a virtue as they say and it is no different when trying to achieve your fitness goals.



Short term goals and day to day goals are the most important to reach in order to achieve the long term ones. Trying to do everything all at once can be very overwhelming and unrealistic at the same time. All of you have taken the first step towards a healthy lifestyle in finding a workout program that you enjoy. This is very important in staying motivated to achieve all goals. It is vital to you as an individual to express to your fitness staff if there are components of your workout that you truly do not enjoy. Remember we are here to help you not hurt you. We as your VERT staff truly want to see that your goals are met. The most important short term fitness goal is to stay consistent and committed to your workout program. This also means staying committed to yourself.

Other short term goals should be finding a support group like your personal trainers, a workout buddy who will keep you motivated as you will them, completing 10 pushups instead of 5, being able to complete all functional exercises in between your VERT exercises, improve your number of reps on your time sets once a week, hold that plank 30 seconds longer every two weeks. We will not be getting into dieting too much in this article, but all that needs to be said is be realistic. Try not to do it all at once.

Day to day goals are very important also. Performing six 5 minute extra workout segments throughout your day will provide you with that extra boost of energy and stress relief you need from your busy day. Set day to day goals such as going for a walk around the neighborhood after dinner, take your dog or hubby for a walk in the morning (leash optional on the hubby), play a game outside with your kids, get some gardening done, or try something new each day.

Rewarding yourself is most important during the whole process. We are not talking about having that piece of cake every night for dessert. Rather than go out for a nice dinner, buy those shoes you've had your eye on for awhile, go out with the boys and play some golf, and there is nothing more rewarding when achieving those goals for weight loss than having to buy some new duds.

In relation to setting goals here at VERT we incorporated our SMART goals system. These goals are set to be Specific, Measurable, Attainable, Realistic, and Tangible. An example

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.

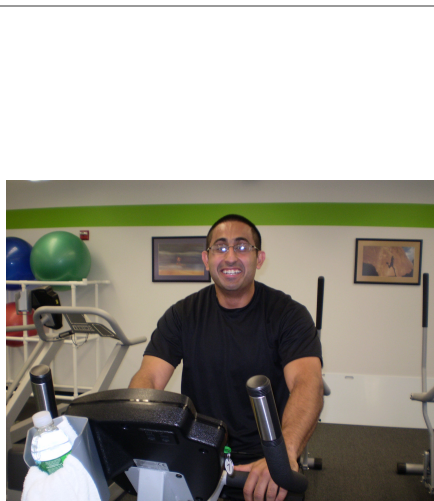
Nutropia

- 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 \$31 per day (3 meals 2 snacks per day).

of a Specific goal can be decreasing body fat by 5%. Having that goal being Measurable is by calculating the goal by using a system such as our Polar Body Age system. You must set a specific timeframe that is realistic and agreed upon with VERT staff to attain your goal. An important component of achieving your SMART goals is affirming yourself that reaching those goals is realistic and that you are truly committed and confident you will achieve them. Use a tangible element such as waist size to visually see or feel that you are achieving your goals. For those of you who have not set your SMART goals you can set up a meeting with Sean, Brenda, or myself.

In order to "keep your eye on the prize" and stay motivated toward all of your goals. Remember to stay consistent, be committed, find a buddy, use your support system, be realistic, reward yourself, and most important **have some fun!**

VERT Fit Star of the Month



Jordan Nikravesh

Occupation: Owner of an on-line book retailer

Favorite VERT Exercise: Decline Press and planks

Favorite Health Food: Grilled Chicken

Fitness Goals: To lose weight while increasing strength

Fitness Achievement Highlight: In 12 weeks he has lost **28 pounds of fat** and put on over **13 pounds of lean body mass muscle**. His BodyAge is **3 Years Younger**. Those are non-fiction results that I am sure his clients wish they could order on-line.

Impression of VERT Trainers: "All good and friendly and know each persons limits when they can be pushed harder".

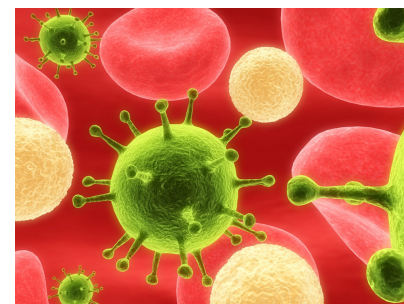
VERT Positive Impact: "More energetic, feel healthier and more compliments".

Exercise Cuts Cancer Risks

Fitness Management Magazine – June 2008

New studies come out almost every month about how exercise is good for the body: It lessens heart disease, lowers blood pressure, improves mood and much more. Cancer can now be added to that list. Two new studies have found that exercise can lessen the risk of some cancers. The first study found that "fitness" is more important than "fatness" in determining the risk of cancer mortality for men. The second study found that physical activity can reduce colon cancer risk. Both of these studies give further proof that exercise is about more than looking good or losing weight.

In the first study, which was conducted at The Cooper Institute in Dallas, Texas, and published in January in *Obesity*, researchers found that fitness level is more important than body weight when determining the risk of cancer mortality in men. While tobacco use and poor diet remain the largest contributors to cancer mortality, this research found that obesity and low levels of cardiorespiratory fitness contribute to cancer mortality, as well. "This is the first study that shows that sedentary men of all body fatness levels should strive to become at least moderately fit in order to decrease the risk of cancer mortality," says lead researcher and director of professional education at Cooper Stephen Farrell.



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Arbonne

- New Product – Sea Scrub Detox Line - 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.

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Farrell and his team studied 38,410 men who completed a comprehensive baseline physical examination at the Cooper Clinic. Results showed a strong and direct relationship between body fat and cancer mortality. Leaner men had significantly lower rates of cancer mortality than fatter men. In addition, a strong inverse relationship between cardiorespiratory fitness level and cancer mortality was observed, showing that less-fit men had significantly greater rates of cancer mortality than more-fit men. The men were followed for an average period of 17.2 years, during which 1,037 cancer deaths occurred.

To compare cancer mortality rates between fit and unfit men, participants were placed into three categories for BMI (normal weight, overweight, obese). The study found that fit men in each category had significantly lower death rates from cancer than unfit men. Using the two official categories for waist circumference (obese and non-obese), fit men in each category had significantly lower death rates from cancer than unfit men. Similarly, using two categories for percent body fat (obese and non-obese), fit men in each category also had significantly lower death rates from cancer than unfit men. Says Farrell, "These data suggest that attaining a moderate to high level of cardiorespiratory fitness may decrease some of the cancer mortality risks associated with increased adiposity."

The second study found that physical activity reduces colon cancer risk in women. While just one hour of walking per week seemed to protect against the disease, the more strenuously the women exercised, the lower their risk, researchers found. For the study, which was published in the Dec. 15, 2007, issue of the *International Journal of Cancer*, researchers followed 79,295 women, ages 40 to 65 years old, for 16 years. During the study, 547 women developed colon cancer. Women who walked for one to two hours each week were 31 percent less likely to develop colon cancer than those who didn't walk at all. And women who exercised at moderate or vigorous intensity for more than four hours weekly had a 44 percent lower risk of getting colon cancer than those who exercised for less than one hour a week. While it can be difficult to motivate people to exercise, these new studies about cancer risk may be an incentive for some — especially those who will find relief to know that it is mostly about the exercise, and not about being thin.

Exercise of the Month – Humpty Dumpty on the Ball

Core Strength and Responsiveness

Begin by sitting up straight on a stability ball with core muscles engaged. Find balance point where you can lift your feet a few inches off the floor. To prevent overuse of the hip flexors while in this position, slightly lean back so the angle at the hips is 90 degrees or greater.

Between two or more people sitting on the stability balls, pass a weighted ball back and forth. Do not let the feet touch the ground.

Progressions

Turn this into a game and have fun with it -

Count the number of successful passes in a 20 second time frame

Count how long you can go before someone's foot touches down

To further progress this exercise -

Increase weight of ball

Increase distance between the throws

