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## Quote of the Month

*"Only those who risk going to far can possibly find out how far one can go".* – T. S. Eliot

## Did You Know?

- Women who carry excess fat around their waists are at greater risk of dying prematurely from cancer or heart disease than women with smaller waistlines, even if they are of normal weight – Circulation Journal April 2008
- Studies show that eating a moderate amount of dark chocolate (6.3 grams 30 calories) can help improve your blood pressure
- The risk of a recurrence of breast cancer can be reduced with regular exercise. Exercising 30 minutes per day

## Physical Conditioning: The VERT Training Effect

By Sean McCaffrey

We sometime take for granted all of the effects that training has on our bodies. Sometimes training results are noticeable; less body fat, less fatigue, better muscle tone and more stamina. There are many other changes taking place that contribute to overall good health and athletic performance. Here are a few:



### Energy production systems work overtime



Physical activity requires energy. Your body makes energy by using the chemical bond energy stored in carbs, protein and fat. The systems for converting this energy into energy your body and use for movement are very complex. With exercise, these systems increase their productivity.

The way these systems improve depends on how you train. If you are doing explosive power training your immediate energy system will improve. If you are doing High-Intensity intervals you will improve both your short term energy system (lactic acid system) and your aerobic energy system. The reason for the great results at VERT is that we combine these training modalities into one workout! This is also the reason for the intensity of the workouts.

### Oxygen delivery and waste removal improves

The cardiovascular system delivers oxygen to and removes waste products from the cells. With VERT training your body increases blood volume, so more oxygen can be carried by the red blood cells. The heart becomes for efficient, pumping more blood per beat and more blood per minute. Your body will also improve it's ability to increase blood flow to the active muscles. You will notice this by being able to work harder for a longer period of time. Think "Time Sets"



### Bones and Joints become stronger



Bones become denser in proportion to the amount of force placed on them-the greater the force-the greater the response. Because of the isokinetic training response at VERT and the "push & pull" movements on our machines, tendons, ligaments, joint capsules and other joint structures become stronger.

I hope this gives you a greater sense of the truly unique results you are getting and how all of the hard work you put into every VERT sessions is paying off in ways you can't see but can feel! Your body will thank you.

can cut the chance of breast cancer relapse in half. – Living with Cancer conference May 2008

## VERT Physical Therapy & Rehab

- Come in and learn about injury prevention

## VERT Online Nutrition Program

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

## Nutrition Consultation

- Be sure to take advantage of a free initial nutritional consultation with our new nutritional consultant Leslie Berezow – Ask us for details

## 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

## VERT Fit Star of the Month



### Lori Penchuck

**Occupation:** Controller for Investment Manager

**Favorite VERT Exercise:** Plank

**Favorite Health Food:** Zucchini Linguini

**Fitness Goals:** Keep weight off, tone, and increase strength endurance

**Fitness Achievement Highlight:** Lori has lost **17 pounds of fat** and her strength has **improved 90%**. Proof that your health is the best investment to manage.

**Impression of VERT:** "It's fun and motivating. It makes me want to exercise, not just because I should".

**VERT Positive Impact:** "Stress relief and increased energy. Many people comment on how great I look".

## Ten Simple Things to Remember for Optimal Nutrition

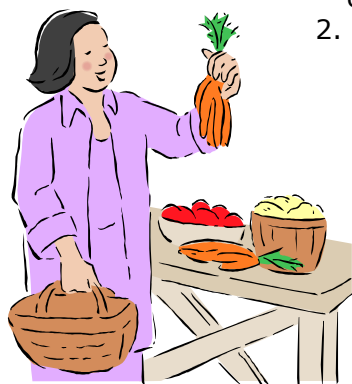
By Amanda Carlson, NSCA Performance Training Journal, Sept'08

Nutrition is something that affects everyone. Everyone needs fuel and everyone needs nutrients. Yet everyone eats for completely different reasons. Whether as an athlete competing on the field or as an athlete or everyday person competing in the game of life, putting thought into what goes into your mouth can do wonders for health, but most importantly performance. By no means does this list downplay the complexities of nutrition, but may help to assist in streamlining health eating efforts. This list can further be simplified into five categories: eat clean, eat often, hydrate, recover, and mindset.



### 10 Rules to Live By:

1. **Come back to Earth.** This simply means to choose the least processed forms of foods. Typically the less processed the foods and the closer the food that you are eating is to its natural state, the better it will be for you. An easy way on the carbohydrate side to do this is to read the label and the amount of fiber the product has in it. If a product has at least 3 grams of fiber or more per serving, it is a good choice.
2. **Eat a Rainbow Often.** The vitamins and minerals that our body's need naturally come from the foods that we eat, specifically fruits and vegetables. Eating a variety of fruits and vegetables in a multitude of colors will ensure that you are getting the variety of nutrients you need. Some of the best fruits based on total anti-oxidant capacity per size are blueberries, blackberries, raspberries, strawberries, granny smith apples, sweet cherries, and black plums. In terms of vegetables, stewed tomatoes, dark leafy greens and anything rich in yellow, orange and red color. These foods are necessary as they provide nutrients to enhance recovery, serve as intermediates in energy



## 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.

## Contact Us

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<http://www.vertfitness.com>

production, and improve immune systems.

3. **The Less Legs the Better.** Protein is a critical part of the diet, specifically the type and amount. When focusing in on the type of protein, typically the less legs the animal has before you actually consume it, the better the source. Fish, turkey and chicken rank high. Protein has a higher “thermic effect” meaning more calories burned, which can further help the leaning out effort.
4. **Eat Fats That Give Something Back.** Diets too low in fats can be detrimental to active people; however, diets too high in fat (as with anything) will lead to increased fat accumulation. It is recommended 20-30% of the total calories come from fat. The best types of fats include raw nuts, seeds, olive oil, nut butters, and fatty fish. The forgotten fats in the US are the essential fatty acids, specifically the omega-3 fatty acids which help with decreasing inflammation. You should consume fish high in omega-3 two to three times per week or supplement with fish oil.
5. **Three for Three.** Eating consistently maintains energy levels (blood glucose), keeps the body in a fed state, and prevents mood swings and binging. Combining the three main nutrients (carbs, protein, fat) every three hours will keep you fueled and keep you on track. Planning out meals ahead will ensure you stick with your eating regimen. Keeping health snacks, bars and ready to drink meal replacements with you at all times will ensure you have fuel on hand keeping you going.
6. **Eat Breakfast Everyday.** Eating breakfast will give the body the fuel it needs, jumpstart the metabolism, and set people up to consume the number of calories they should eat throughout the day. Breakfast does not have to be buckwheat pancakes and an egg white omelet; it could be as simple as a blend of yogurt, flax, whey protein, peanut butter and a banana. Breakfast needs to become a habit.
7. **Hydrate.** Dehydration = Decreased performance. When we think of hydration we need to think of it in terms of all day and during training. Fluids should consist of primarily water and other naturally low or non caloric beverages.
8. **Don't Waste you Workout.** Even with the plethora of research available on the benefits of post workout nutrition, you will still see athletes and workout warriors skipping the recovery meal or snack. The mindset of many still involves a hesitation to consume calories after just burning them. In order to optimize the benefits of a training session and jumpstart recover for maximal gains, it is critical to consume a post workout recovery meal that blends both carbohydrate and protein within 45 minutes after training.



9. **Supplement wisely.** Supplements should “compliment” the diet with a mentality of food first supplement second should be employed; however, there are a number of situations that warrant a basic supplementation protocol. Those who do not get the recommended three servings of fatty fish per week should consider supplementing with an Essential Fatty Acid supplement. Females should also consider a calcium supplement.

10. **Get Back in the Kitchen.** In a world of convenience, travel, and life on the go, we turn to restaurants, fast food and “quick” food for our nourishment. Eating out is tricky as the majority of items are oversized and have significantly more fat and calories than similar dishes made at home. The more you can prepare you own food, the more control you will have in the nourishment of your body.

When it comes to nutrition, optimizing your performance and controlling your outcome, there is not one answer, one magic pill, one supplement, or one tip that will give you the results you are looking for. It involves the 10 Tips above, creating a perfect nutrition plan for you as an individual and mastering the consistency of implementing the strategies listed above into your daily life until it becomes habit.

