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## Quote of the Month

"There are no shortcuts to any place worth going". – Beverly Sills (New)

## Did You Know?

- A 63 percent decrease would be expected in the number of US heart attacks if people would start to take better care – American Diabetes Association
- Obese women are 70 percent more likely to develop pancreatic cancer – British Journal of Cancer

## VERT Physical Therapy & Rehab

- Come in and learn about injury prevention

## VERT Leg Extension/Curl

**Objective:** to strengthen the major muscles of the lower body

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

**Form:**

**Leg and Foot Position:** Start with sitting on the leg extension machine, feet behind foot pads. During the exercise, feet should be in a dorsiflexion position (toes up) during the extension and curl.

**Hand and Upper Body Position:** Hold on to handles at side of hips while keeping shoulders and back against the back pad. Do not "white knuckle" the grip.

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

**Performing the exercise:**

**Push (Extension) Phase:** Upon hearing the starters' pistol the individual should extend legs out to full extension as fast as one can. Keep in mind the muscle you are using while performing the exercise is the Quadriceps (thighs). Do not lock out your knee joint; by doing this, you are putting yourself at serious risk of injury. While performing the exercise the individual should always concentrate on keeping the abs tight, shoulders back and head forward in order to stabilize the spine.

**Pull (Curl) Phase:** Immediately after full extension, the individual should pull back on the pads to about a 90 degree angle, while still in a dorsiflexion foot position, as fast as one can. Keep in mind muscle you are using while performing the exercise is the Hamstrings (back of thighs).

**How this exercise relates to everyday activities:** Performing leg extensions helps build the foundation of the body which are the legs. Strong legs 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, picking up the kids or other items up off the ground with less effort. In addition, for the athlete in all of us, strong legs will improve our jumping, running, explosiveness, stamina, and strength.



## 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 Dr. Marchetti
- Dr. Marchetti can go beyond most other nutritionists as he not only covers diet plans but also he review your blood work and identify any vitamin or nutrient deficiencies

## 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

### Key Points to Remember:

1. Look straight ahead at all times to reinforce good posture.
2. Never lock out your knee joints and keep feet in dorsiflexion at all times.
3. The shoulders should be relaxed and against the back pad, do not shrug them or lean forward as you explode with the legs.
4. Keep your back straight and abs tight to reinforce good posture.
5. **Always smile and thank your wonderful trainer for putting you through such an awesome workout!**

## VERT Fit Star of the Month



### Sharyn James

**Occupation:** Adjunct College Professor

**Favorite VERT Exercise:** Keiser Multi-Function

**Favorite Health Food:** White Cabbage Kimchi & Goji Berries

**Fitness Goals:** Reduce body fat, increase strength and flexibility

**Fitness Achievement Highlight:** Sharyn's lean body mass has improved **by over 10%** and her strength has **improved 70%**. She should be the Dean of VERT's college of results.

**Impression of VERT:** "Once you get going, all problems and discomforts fall away. You leave rejuvenated".

**VERT Positive Impact:** "Swimming endurance has increased and balance has improved".

## 5 Things You Should Know About Hydration

By Club Solutions - August 2008

1. Children, women and overweight individuals are the most likely demographic to suffer from dehydration, which is the loss of fluid and electrolytes that are critical to normal physiological function.
2. Just because a person doesn't feel thirsty doesn't mean they are adequately hydrated. Dark urine, a lack of urination, and the sudden loss of more than 2 percent of body weight can be signs of dehydration.
3. Sports drinks can replace lost electrolytes, but be wary of any calories and sugar. Dilute sports drinks by mixing them with water to cut back on unwanted calories. Also keep in mind that a diet high in fruits and vegetables will also provide adequate electrolytes for most people.
4. Avoid caffeine and alcohol before and after workouts. Consumption of these fluids has a negative effect on your body's capacity for fluid retention and rehydration.
5. Believe it or not, you can drink too much water. This condition, called hyponatremia, is characterized by a severe dilution of sodium in the body, which can lead to death.



## 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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## VERT Bowl I



In the spirit of the new football season having arrived, here at VERT we will be conducting our own road to the Super Bowl. All of our wonderful clients have recently been selected in a VERT draft, by our fitness staff.. They are as follows; Sean's Jets, Brian's Steelers, Brenda's Bucs, Rob's Panthers, James's Giants, and Steve/Tal's Cowboys.



Each week teams will virtually go head to head with each other. Players will accumulate points for their assigned team. You have now all become players divided into six teams by participating in different challenges within the course of their sessions. You can continue to workout during your preferred scheduled session and do not have to workout with the trainer for your team or other team members.

After each session your results will be recorded and translated into points for your team. Players receive points depending on the work force they produce on the VERT machines, the total calories burned during a Sci-Fit session, as well as some challenging functional exercises. At the end of the week all point totals will be accumulated and the team with the most points will win that week's matchup. Each week a Head Coach will choose an MVP per team.

At the completion of the regular season, which ends in December, the teams will be ranked by their win/loss record for playoff rankings. After the sweat, med balls, fit keys, and disinfectant wipes have cleared, there will be only two teams standing. These teams will go head to head in a matchup here at the center and the winner will take home the VERT Bowl I honors, as well as other great awards.

Also, keep in mind your coaches will be keeping a close eye on your performance. With that in mind, and while we are not trying to make any threats, there will be a trading period towards the end of November. If your coach feels you are not performing up to your capabilities or not making the full commitment to your team, they may be inclined to trade you.

All trades will be approved by League Commissioner Kevin "the big wrench" Ruthen. If there are any issues to be discussed and your Head Coach cannot answer them for you, look no further then the Head of Player Development Jonny "the duke" Marcus.

So for the next few months we ask you all not to compete against each other, but to become more motivated on performing better than your last day. Most of all we want everyone to enjoy themselves, leave their worries at the door, stay competitive, and of course have **FUN!** May the best team WIN.

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