



September Newsletter

September 9, 2008

Volume 2, Number 9

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Quote of the Month

"You only ever grow as a human being if you are outside your comfort zone". – Percy Cerutti

Did You Know?

- 86 Percent of Americans attempt to make changes to improve their overall health. However, only 46 percent of those Americans say they are successful, citing lack of motivation, lack of money, and lack of time as their top roadblocks.
- Too much fast food and too little exercise can harm the liver. Study participants who ate 2 fast food meals per day and had limited activity had abnormally high ALT enzyme in their liver.

8/8/08 - The Olympics began... And, just as the summer quickly fades away, so has the 2008 Games!



The promotional campaign for the 2008 Olympics is "The Best of Us". The objective of The promotional campaign for the 2008 Olympics was "The Best of Us". The theme of the campaign was a simple, powerful idea that transcended cultures and borders, motivating young people around the world to participate in sport; by proving that sport can bring out the best of them.

Michael Phelps guaranteed results, however, in order to be able to accomplish those results, not only did his intense training, experience and a positive attitude assist, but MANY calories were essential in gaining those results!!!

VERT Fitness wants to thank all our members for participating with the Olympic theme in order to bring out the best in all of us. With that in mind, let us never forget that although the objective of one's training is to accomplish a particular goal and/or get to the winner's circle, the path and journey one takes and the experience gained is priceless and should be treasured as much as the medal and/or destination itself. VERT Fitness is here to assist you in your journey to bring out the best in you.

Team Olympic medal winners in the following events are as follows:

		Time or #	Member		Member
Humpty Dumpty	Gold	230	Elyse Meistle		Portia Lack
Mondays or Thursdays	Silver	11	Rob Diamond		Seth Orenstein
	Bronze	7	Meredith Ritter		Evelyn Gomez
Team Declines (35 sec.)	Gold	86	Jackie Senn		Portia Lack
Mondays or Thursdays	Silver	84	Rob Diamond		Maggie Bill
	Bronze	79	Lori PENCHUK		Mark Wolf
Team Jumpsquats (35 sec.)	Gold	58	Elyse Meistle		Portia Lack
Tuesdays or Fridays	Silver	56	Dale Elgort		Katie Sheehan
	Bronze	53	Eric Jacobsohn		Elyse Meistle

Male and Female Olympic medal winners in the following events are as follows:

		Time or #	Male		Time or #	Female
Situps (1 minute)	Gold	60	Rob Diamond		53	Shana Mirante / Dale Elgort
Tuesdays or Fridays	Silver	53	Jim Weiss		44	Mia Talmor
	Bronze	42	Chuck Albano		41	Susan Diamond
Obstacle Course	Gold	1:15	Rob Diamond		1:07	Regina Thornton
Wednesdays or Saturdays	Silver	1:16	Jorge Perelli		1:08	Shana Mirante
	Bronze	1:18	Keenan Burton		1:10	Susan Diamond

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 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

Shuttle Run	Gold	.21:09	Eric Jacobsohn	.22:66	Portia Lack
Wednesdays or Saturdays	Silver	.23:07	Robbie Rabell	.23:47	Alex Rengifro
	Bronze	.23:85	Jeff Gleit	.23:91	Regina Thornton

Male and Female Olympic SciFit medal winners in the following events are as follows:

		Male	Avg. Watts	Female	Avg. Watts
Upright Bike	Gold	Matt Kornberg	217	Stephania Tomaselli	133
(Week 1 - 8/4 to 8/9)	Silver	Rich Penchuk	196	Stacey Stevens	121
	Bronze	Steve Rabideau	183	Elyse Meistle	117
Recumbent Bike	Gold	Matt Kornberg	254	Elyse Meistle	136
(Week 1 - 8/11 to 8/16)	Silver	Rich Penchuk	184	Stacey Stevens	131
	Bronze	Lou Ambrosio	170	Lori Penchuk	102
Arm Bike	Gold	Matt Kornberg	169	Heather Kaplan	61
(Week 1 - 8/18 to 8/23)	Silver	Steve Rabideau	141	Lori Penchuk	54
	Bronze	Lou Ambrosio	128	Susan Diamond	49
Pro II (Arm & Leg Bike)	Gold	Steve Rabideau	288	Debra Young	136
(Week 1 - 8/25 to 8/30)	Silver	Matt Kornberg	265	Terri Thompson	134
	Bronze	Lou Ambrosio	172	Stacey Stevens	133

Congratulations to all participants, as you all are Winners!



VERT Fit Star of the Month



Steve Rabideau

Occupation: Golf Course Superintendent

Favorite VERT Exercise: All the variety of exercises

Favorite Health Food: Salad and fruit

Fitness Goals: Reduce body fat, increase strength and flexibility

Fitness Achievement Highlight: Steve has lost **46 pounds of fat** and put on over **14 pounds of lean body mass muscle**. His Bodyage was 51 and is now **32**. Somebody shout "4" to lookout for these results.

Impression of VERT: "Effortless in that I show up and work hard, but I don't think about what I'm going to do today. One hour of VERT is unlike anything else I have done".

VERT Positive Impact: "More energy and increased confidence".

Arbonne

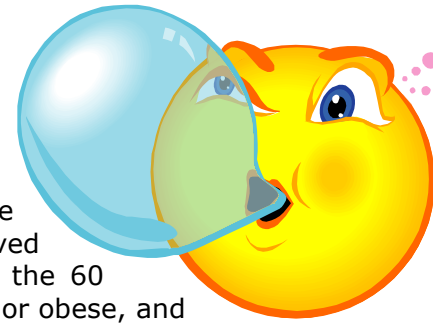
- New Product – Sea Scrub Detox Line – Ask for details
- Check out the only skin care line we were impressed with enough to offer our clients.
- It is all botanical, hypoallergenic, and uses essential oils vs. mineral oils. Their nanosphere technology (born from cancer research) targets those skin cells 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.

Does Chewing Gum Suppress Appetite?

By Matt Brzycki, Fitness Management Magazine, August 2008



Many individuals think that chewing gum will reduce their appetite. What does the research say about this? One study that investigated the effects of chewing gum involved 60 healthy subjects who volunteered to participate. Of the 60 subjects, 46 were of normal weight, nine were overweight or obese, and four were underweight. All of them were regular consumers of gum and snacks. The subjects rated their favorite gum (sugar free or regular), and salty and sweet snacks. The gum and snacks used in the study were those the subjects preferred the most.

The subjects came to a laboratory on four separate occasions to eat a standard lunch (cheese, sandwiches, green salad, and fruit salad), and then returned three hours later for a snack. They were given 750 calories worth of a snack, and told to eat as much or as little as they desired. When the subjects chewed their preferred gum for at least 15 minutes one hour after lunch and then again two hours after lunch, they consumed 8.2 percent fewer calories of the snacks – 36 fewer calories – compared to when they didn't chew any gum. There were no significant differences in the results by the type of gum. So it would seem, then, that chewing gum – sugar-free or regular – does suppress appetite.

VERT Bench Press

Objective: to strengthen the muscles of the upper body

Muscles Used: pectoralis major, deltoids, triceps, latissimus dorsi, biceps, forearms, trapezius, rhomboid major

Bio-Directional exercises: flat bench press and row

Form:

Foot Position: knees should be bent with feet flat on the stool or at the end of the bench.

Hip Position: hips are in neutral position laying flat on the bench.

Head Position: the head should be relaxed with eyes focused up toward the ceiling with back of the head **ON** the bench.

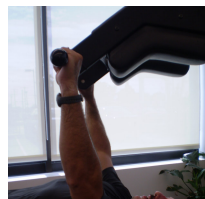
Upper Body Position: the upper body should be laying flat on the bench with a slight rear rotation of the scapulas. The individual should hold this position throughout the exercise, trying not to bounce up and down with the push and pull movement.

Hand Position: hold handles with neutral grip at all times. Position handles at mid chest level. Imagine the handles have an imaginary bar connected in the middle and this bar should be directly across the pectoral area.

Performing the exercise:

Push Phase: upon hearing the starters' pistol the individual should extend their arms upward as fast as one can, but should avoid locking out the elbows. As the individual moves the lever up, keep eyes focused on the ceiling and keep the abs tight at all times while performing bench press.

Pull Phase: after reaching maximum up range the individual





- Come check out the best business network chapter on Long Island
- 43 Active Members generating 2,377 leads resulting in \$1,017,000 revenue for the year
- Meets every Wed at 7:01 AM at the Harvest Diner in Westbury – Ask Kevin for details

Contact Us

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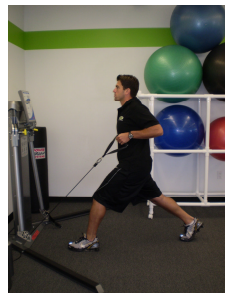
should then pull the lever down towards the chest (pectoralis major) with elbows wide. **A key component in the pull phase is to retract the handles toward the chest as close as you can while pulling elbows wide in order to engage the back muscles (latissimus dorsi, trapezius, rhomboid major).** This is also why the rear rotation of your scapula is important for the pull phase.

How this exercise relates to everyday activities: Performing the bench press will enhance the ability to perform many everyday activities. In addition to that bag of groceries or case of water that will be much easier to pick up off the ground, it will be easier to push yourself up out of your office chair and/or comfy recliner at home. Also, when cleaning the dust bunnies under your bed, it will be easier to bend while leaning on one arm, then push and lift oneself quickly from the floor. For the sportsman in all of us the bench press improves strength needed in sports such as golf, tennis, baseball, football, etc.

Key Points to Remember:

1. Look up toward the ceiling at all times to reinforce good posture.
2. Your knees should be bent and feet should be flat located on stool or bench.
3. Keep abs tight to reinforce good posture.
4. Have hips and back neutral and flat on bench.
5. When pushing the lever up **DO NOT LOCK OUT ELBOW JOINTS!**
6. When pulling lever back towards chest keep elbows wide and engage back muscles.
7. The exercise should be performed as quickly as possible to produce as much force as possible to get the individual the best workout imaginable.
8. Make sure you are breathing allowing oxygen to go in and out of the body, as well as not contracting any other muscles not being used during the exercise.
9. This is a strength, cardio and flexibility enhancing exercise.
10. **Always smile and thank your wonderful trainer for putting you through such an awesome workout!**

Exercise of the Month – Lunge with a one arm row using Keiser or Tubing



Start with feet in a staggered stance. Upper Body should be upright. Feet should be wide enough that when the individual is in the lunge position the knee is not go over the toes. To ensure this one should concentrate on tilting the hips back and move the hips down directly to the ground. When completing the lunge phase the individual should be pulling the cable/tube back towards the chest in order to complete the multi-function exercise.

Progression: Lunge with a one arm row using the Swiss Ball and Keiser or Tubing

Start in the same position above.

Then one will place the Swiss ball behind them. Place the Toes of one foot on top of the swiss ball. Perform the same movements above. This is a more advanced movement that will take much coordination, balance, and core strength in order to complete the exercise correctly.

