



September Newsletter

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Quote of the Month

- "I still need more healthy rest in order to work at my best. My health is the main capital I have and I want to administer it intelligently". *Ernest Hemingway*

Did You Know?

- Having either a large waistline or being overweight raises a person's risk of developing type 2 diabetes but the combination of the two is most dangerous. – *American Journal of Nutrition 2006*
- A moderate-intensity program of brisk walking improves fitness and maintains hemoglobin levels in women undergoing radiation therapy

Functional Training Benefits for Golf

By Philip Wolff



Golf exercise and fitness programs have become an essential part of the modern game of golf, and can no longer be ignored by golfers. For years the game of golf has been viewed as a sport where correct technique was much more important than exercise and muscle conditioning, and this couldn't be further from the truth. The truth of the matter is that more and more golfers are involved in functional exercises that are golf-specific, so that even when lifting weights, its purpose is for building strength. Strength training has a dramatic effect on the quality of the game of any golfer, but building strength for golf is much different from a body building program because the idea is not to build muscle. Believe it or not, it's the increase in lean fast twitch (type-2) muscle that will greatly improve a golfer's game, exactly the intention here at VERT. VERT exercises done in conjunction with golf specific functional training focused on balance and flexibility will make for more stability in your stance, greater range of motion, and most importantly increase the speed of your swing.

Since the mechanics of a golf swing requires a wide range of motion involving the entire body from the feet all the way to the wrists, it's important to train in a manner conducive to the physiological aspects of the swing. The Standing Press, Decline Press and Jump Squats performed on the VERT machines train your entire body to move as one in an explosive manner. Performing the different functional exercises combined with the strength and conditioning done at VERT, any golfer will produce more power, transfer more force, have more control over the club and ultimately increase distance and accuracy when out on the course. The end result is that you will have a lower golf score.

Jim Weiss, Golf Pro, stated that "15 years of training at other centers never got me the 15 yards I found at VERT. Never again will I join another center. The old way of training is a thing of the past for me and my students. VERT has changed my golf, my body. And most importantly my life".

So if you're looking to improve your game or just enjoy your retirement with some pain free golf, VERT Fitness is a great place to improve in any sport. But remember just like any training program, dedication, consistency and hard work is the key to results.

after breast cancer surgery. – Cancer 2006

VERT Massage Therapy

- We are proud to welcome Vanessa Cafiero LMT
- Be sure to call and book a massage with her as you are entitled to 20% off your first massage and as a VERT fitness client \$10 off all future visits
- Gift Certificates Available

VERT Physical Therapy & Rehab

- Come in and learn about injury prevention

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

VERT Fit Star of the Month



Charles Albano

Occupation: Self Employed - Day Trader & stage hand

Favorite VERT Exercise: Jump Squats

Favorite Health Food: Salad & Cheeseburger without the bun for no carbs

Fitness Goals: A six pack

Fitness Achievement Highlight: He has lowered his body age 5 years. His overall body composition has improved **15%**. He has lost **22 pounds** of fat and put on **25 pounds** of lean body mass while losing **6 inches** on his waist. He has also significantly improved his cardio and strength. He can help teach us how to **commit to be fit!!**

Fun Fact: Rollerblading, dog walking and yelling at telemarketers.

VERT Positive Impact: "I feel comfortable in my own body. My wife thinks I am too sexy for my shirt".

Resistance Training Aids Weight Loss

By Dr. Scott Mazzetti – Journal of Medicine and Science in Sports and Exercise 2007



A study was conducted that explored the effects of explosive versus slow contractions and exercise intensity on energy expenditure.

Mazzetti's study provided evidence that explosive — or more rapid — muscle contractions { such as a VERT training session } used more energy than slow contractions, even when the amount of weight lifted was identical, increasing the benefits of the exercise for weight loss. It also found that explosive contractions were more effective in increasing energy expenditure when using moderate weight loads instead of heavy loads.

Eating and your Metabolism

By Rodney Wynn – Fitness Pro Magazine August 2007

We have all heard it time and time again. A client goes to a personal trainer and asks why they can't seem to lose weight. They work out all the time, limit their calories and get plenty of sleep but still can't seem to shed those excess pounds. As a personal trainer, it's out of your scope of practice to give specific nutritional advice, but here is the skinny: It is not the actual workout or lack of calories people eat on a daily basis that affects their weight but the types of foods and meal frequency. The best way to sabotage a diet is to limit calories or eat only one or two meals per day. This slows down your metabolism and forces the body to hold on to extra fat.



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).
- 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.

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.

Cara Mia

- Michael Weissman is a VERT client and CEO of Cara Mia
- All VERT clients are entitled to a \$250

The whole concept with this is that our bodies were designed to hold on to the nutrients that we eat because our ancestors went through periods of famine. At that time, the food that was taken in was slowly metabolized because it could be days or weeks before the body was fed again. This, in essence, created fat storage so that the body would have something to draw against. The analogy here would be like reserves in a savings account. To keep our bodies off guard and speed up the metabolism, we need to eat five to six small meals per day spread out over every two to three hours during our waking hours.

When you tell clients to eat five to six meals per day, it is a little deceiving as a meal could be as little as 100 calories. Typically, the breakdown should be like this: breakfast, lunch and dinner should each consist of 400-500 calories, while two additional small meals should each consist of 100-200 calories.

Breakfast foods should consist of whole grain items such as oatmeal, whole grain cereals, fruits and legumes. Some lunch ideas are turkey on whole grain bread with a small salad or tuna fish with whole grain crackers. There should be special consideration when it comes to dinner. Because this is the last meal of the day, clients should not exceed 500 calories because our metabolism tends to slow down at night. Some ideas for dinner include chicken breast, brown rice and steamed vegetables, or tuna casserole with steamed vegetables.

If clients stick to this meal plan, chances are they will start to see the results they are after. This type of diet also allows for clients to have two to three "cheat" meals during the weekends. Cheat meals include a break from the normal diet and allow clients to have some of their favorite foods such as pizza.

There are some diet plans that stipulate an entire cheat day during the week, but I believe this is a recipe for disaster. If a client has a cheat day to eat any and everything they want, this could sabotage the clean diet that they had all week. An all-day free pass could easily lead to 5,000-7,000 calories that the body would then have to burn off. Also, there could be alarming amounts of saturated fats as well as sugars in these cheat meals.

The best situation would be to have a cheat meal on both Saturday and Sunday. The clients should eat their normal foods at three-hour intervals throughout the day but then be allowed to have a cheat meal for dinner as well as some dessert on both days. This way the client is shocking their metabolism to burn excess calories but not so much as to spike blood sugar levels. One rule of thumb: if a client is going to eat about 35 meals during a seven-day period, make sure that at least 31 of those meals are from sources of nutritious foods.

This is a lifetime commitment, so clients need to be consistent with their diets. They cannot follow this plan for a week and then go back to bad eating habits the next week—it simply won't work.

There is a little bit of an adjustment as well because it is very difficult to drop all bad food habits at a moment's notice. Have clients take baby steps initially until their diets are fully locked in. They may eat 25 good meals and 10 bad meals during the week when they first start. Eventually, they will find themselves not craving the junk foods that they are accustomed to eating. Once they have their cheat meals on the weekends, they will start to crave a healthier choice of foods rather than an unhealthy choice. Above all, have fun and take it day by day.

Gift Certificate for
Body Sculpting

- Body Sculpting medically addresses spot reduction that folks have been inquiring about

Contact Us

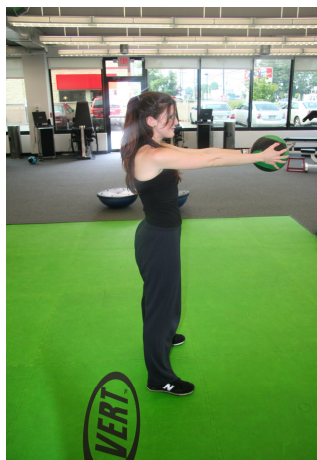
516-334-8378

jericho@vertcenter.com

<http://www.vertfitness.com>

VERT Exercise of the Month

Straight Leg Dead Lift



While standing, hold medicine ball with extended arms in front of you at shoulder height. Keeping your legs rigid, bend forward at the waist, with head up, until your upper body is parallel with the floor. The medicine ball will travel down the center of your shins. Reverse the movement to bring your upper body back up. Move slowly through the entire range of motion.

Single Leg Dead Lift



Start with your weaker leg first. Find your center of balance on one leg. Slowly bend from the hips until your upper body and one leg are almost parallel with the floor. Your arms should be straight and the ball will be about shin level. Move slowly through the entire range of motion.