



# December Newsletter

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## Quote of the Month

"Even if you are on the right track, you'll get run over if you just sit there." – Will Rogers

## Did You Know?

- One more reason to take the stairs and burn extra calories. According to a recent study walking up a flight of stairs will get you there twice as fast as an elevator.
- Giggle away the jiggle. As little as 15 minutes of daily laughter can burn up to 40 calories according to the International Journal of Obesity. Giggling also cuts stress hormone levels and bolsters the immune system. So this holiday season be sure to laugh.
- 33 Percent of Americans list weight

## The "3-Cs" of Fitness - Comprehension, Consistency, and Commitment

By Phillip Wolf

Too many people aren't taking advantage of the packages that they purchase. While some double up on VERT sessions then miss a full week, others are neglecting the Sci-fit workouts completely! This is certainly not the way to achieve any fitness goal. Each package at VERT is set for you to get the most out of your efforts in an efficient and tactical manner. Not adhering to the program is the absolute worst thing that can be done when trying to accomplish a personal fitness goal here at VERT. Comprehension, Consistency, and Commitment are three words to live by when it comes to fitness or when it comes to achieving any goal for that matter. Understanding and applying the "3-Cs" of fitness is the first step to take when embarking on a new and healthy lifestyle.



### Comprehension;

It's very important that one comprehends what their workouts are actually doing. The schedule is spaced out rotating between one VERT session and one Sci-Fit session; it's scheduled that way for a reason. Alternating between VERT sessions which consist of resistance training and Sci-Fit sessions which consists of high intensity interval cardio training, is the most ideal way to burn calories and raise ones Resting Metabolic Rate (RMR). The resting metabolic rate is the total amount of calories that are burned at rest. Although cardio training burns more calories during the actual workout than resistance training, resistance training burns calories during and long after training has been completed. Neither Resistance training nor cardio training alone is nearly as effective as the two together. Shifting around or doubling up on VERT sessions then taking two, three maybe even four days off isn't an appropriate way to go about a training program. Making sure to space your workout days and rest days accordingly will take your workout efforts to new heights and produce greater results. This brings us to the next "C" Consistency.

### Consistency;

Working out five days a week with two days off, (preferably not two days in a row) along with a proper diet plan is the only way to lose unwanted pounds. Even on off days when not working out one must be mindful of the "Big Picture" whether it be what's about to be eaten or how many hours of rest will be gotten that night. Taking three, four or even five days off a week is not an effective method to become healthy and lose weight. It takes a consistent solid schedule over a long period of time with fewer off days then days working out to effectively lose weight. Which brings us to the last "C", Commitment

### Commitment;

Commitment by far is the most essential element to any Fitness program. Mentally committing oneself to a consistent training regimen will generate real results faster, and make all workouts easier (well, more tolerable). Any task can be achieved if the mind is committed to the specific task at hand.

Comprehension, Consistency, and Commitment- three words to live by when starting up a program here at VERT or anything for that matter, remember hard work pays off, when it feels as if working out is the last thing on the list, it's time to revert to

as one of their top concerns.

## VERT Holiday Gift Ideas

- Give the gift of health and relaxation. Purchase a gift certificate for training or massage.
- Buy a \$200 gift certificate good for two weeks of training to give to someone and get a week of training free for yourself
- Polar Watch Heart Rate Monitors and Wearlinks are another great gift idea

## 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

the three "Cs". The hardest part is just walking through the door, once that's out of the way just let the VERT do the rest.

## VERT Fit Star of the Month



### Jacqueline Billera

**Occupation:** Plastic Surgeon Practice Manager

**Favorite VERT Exercise:** Decline Press

**Favorite Health Food:** Peanut Butter Balance Bars (available at VERT front desk)

**Fitness Goals:** Keep unwanted weight off after stopping smoking and to get in great physical condition

**Fitness Achievement Highlight:** In 12 weeks she has lost **over 5 pounds** of fat and put on **7 pounds** of lean body mass. Her VO2 max (cardio) has improved **15%** and her strength has improved **13%**. Nobody needs plastic surgery when you are in this great of shape. She is a true inspiration with amazing attitude and positive energy.

**Fun Fact:** Whether you think you can or you think you can't, either way you are right – Henry Ford. Also I enjoy hiking.

**VERT Positive Impact:** "My family says I am inspiration for the 30's. I have gotten into the best physical condition of my life. I am tighter and stronger than I have been in a long time".

## Salt Could Soon Be on the Fed's Hit List

By Eamon Javers, Business Week, December 3, 2007

They've gone after tobacco. They've gone after trans fats. Now, are federal regulators gearing up to go after salt?

Prodded by consumer health advocates and the American Medical Assn., the Food & Drug Administration is planning hearings on Nov. 29 that will reopen a long-dormant debate over whether stricter limits on salt in processed foods are needed. The move has snackmakers and food companies scrambling to fend off the prospect of rules and labeling requirements that could scare consumers and potentially take a bite out of the billions Americans spend on food each year.

Americans on average ingest 3,400 milligrams of sodium a day--about 1 1/2 teaspoons' worth, well above the recommended level of 2,300 mg. Processed foods account for 75% of that salt--and it's not all because of the shiny crystals clinging to your pretzel. Salt is used as a flavor enhancer and preservative in everything from chocolate and skim milk to canned soups.

All that hidden salt can be a killer. Too much sodium causes high blood pressure, a key cause of cardiovascular disease and heart attacks. The AMA and the consumer group Center for Science in the Public Interest are pressing the FDA to change its



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 \$29.99 per day (3 meals 2 snacks per day).
- Ask us for more details in the center

## Arbonne

- A great holiday gift idea for either her, him, or baby.
- 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.

hands-off stance on salt. For now, the agency says it is just gathering information. "The FDA does recognize that this is a concern," says Richard E. Bonnette, an FDA consumer safety officer. "We may need to reexamine our current policies." The two groups want it to set strict limits on sodium in foods. They also want more prominent warning labels--modeled after those on cigarette packs--stating how much salt consumers are getting and what the dangers are. "Salt is probably the single most harmful ingredient in our foods," says Michael Jacobson, CSPI's executive director.

Industry representatives say they've already cut way back. The average serving of frozen peas in 1963 contained 497 mg of sodium. Today it has just 95, an 81% reduction. ConAgra Foods meanwhile, says it has removed more than 2.8 million pounds of salt from products such as its Chef Boyardee brand since 2003. And in October the Grocery Manufacturers Assn., a trade group whose members include Campbell Soup, General Mills. and Sara Lee, sat down with the CSPI to discuss ways of further trimming salt consumption. "The food industry has just as much interest in having Americans live long and healthy lives as the CSPI," says Robert Earl, the group's senior director for nutrition policy.

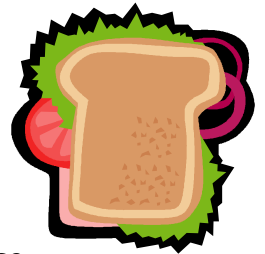
Consumer advocates say foodmakers' efforts aren't enough to get to the 50% cut in salt levels needed. "They deserve credit," says Jacobson. "But at the rate they're going it's going to take 100 years to get there." With the FDA stepping into the fray, the push to move faster could begin in earnest.

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## Spicing Up Sandwiches

By Danielle Marzano

Food variety means eating a wide variety of foods from each of the five food groups, in the amounts recommended. Eating many different foods helps maintain a healthy interesting diet and provides adequate nutrition. Eating a mixture of foods can help prevent diseases such as diabetes, cancer and cardiovascular disease.



Add some flavor to an otherwise "boring" turkey on whole wheat. Holding the cheese & mayo does not have to mean holding the flavor!

### Turkey Sandwich:

- Roasted turkey breast (4 oz) on whole wheat bread
- Hummus (1Tbsp) or Avocado (1/8-1/4)
- Roasted Red Peppers (bottled in vinegar not oil)
- Fresh spinach or arugula

### Tuna or Chicken Salad Wrap:

- Chunk light tuna in water or canned chicken breast mix with dijonaise (1-2 Tsp)
- Add finely chopped celery, red pepper, carrots, red onion
- Place in Whole Wheat Wrap

### Ham & Swiss Sandwich:

- 1 Whole egg & 2 egg whites hard boiled & chopped mixed with lowfat mayo (1tbsp)
- Placed in a whole wheat pita or on mini whole wheat bagel (2oz)
- Add chopped cherry tomatoes, red onion & leafy greens

### Asian Chicken Wrap:

- Grilled chicken breast (4oz) in Damascus Wrap
- Thinly sliced carrots, red pepper, cabbage, sprouts
- Wasabi paste mixed with low fat mango

## Cara Mia

- Michael Weissman is a VERT client and CEO of Cara Mia
- All VERT clients are entitled to a \$250 Gift Certificate for Body Sculpting
- Body Sculpting medically addresses spot reduction that folks have been inquiring about

### Contact Us

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<http://www.vertfitness.com>

### Salad in a Wrap:

- Any Vegetables: greens, carrots, tomato, cucumber, broccoli, asparagus, peppers
- Grilled chicken breast (4oz) or grilled/baked tofu
- Your favorite salad dressing (1Tbsp of regular or 2 Tbsp of lowfat)
- Placed in Whole Wheat Wrap (100 calories)

### Pesto Turkey Sandwich:

- Fresh roasted turkey breast (4oz) on whole wheat bread
- Pesto sauce (2 tsp)
- Low fat coach farm goat cheese (1oz)
- Roasted red peppers (bottled in vinegar)

If you like things hot, add Tabasco or chili paste to any of the sandwiches

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## Exercise of the Month - Kneeling Side Pass

This exercise focuses on the hips, obliques, and torso with movement through a frontal plane loading through side flexion of the trunk.

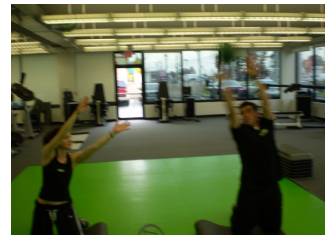
### Setup:

Partners stand 4 feet apart, both facing the same wall. One partner has a medicine ball. Begin in a kneeling position with the torso upright.



### Movement:

Partner 1 passes to Partner 2. Partner 2 catches the ball head height with arms extended in front of the body. Partner 2 absorbs the catch while keeping the core tight and follows through as far as possible to the opposite side while keeping the torso upright.



### Finish:

Partner 2 brings the ball back overhead and follows through with a side-overhead pass back to partner 1.



### Progressions:

Moving further away from your partner, and/or performing exercise standing on a stable surface or unstable surface (i.e. bosu ball, versa discs)