



# June Newsletter

June 9, 2007

Volume 1, Number 6

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- VERT Fit Star of the Month
- Six Diet Disconnects

## Quote of the Month

- "I am always busy, which is perhaps the chief reason I am always well".
- Cady Stanton

## Did You Know?

- A study of 486 adults found that each hour spent watching television a person's level of physical activity & lessened the likelihood of getting enough daily exercise.
- Studies prove that a single breath of air contains more oxygen than an entire bottle of oxygenated water. Think about that before purchasing one of these products.
- Half of British children have a pack a day of potato chips habit, consuming the equivalent of 5 liters of cooking oil a year.

## Getting the Most Out of Your SCIFIT & VERT Sessions

Arthur Zanelli, BA, MA

As all of you should be aware, there are two distinct exercise sessions that we at VERT offer to all of our members. Our trainer led sessions, the sixty minute VERT sessions, are done two or three times per week, and SciFit sessions one to two times. VERT sessions primarily focus on resistance and functional training, particularly of the musculoskeletal systems. This type of training includes improving:

1. Muscular Endurance: the amount of contractions, or shortening movements, that any muscle or group of muscles can perform until fatigued. Examples are how many crunches or push-ups you can perform consecutively with good form until you can no longer move. This applies not just to body-weight exercises; how many squats you can do while holding dumbbells can also be included.
2. Muscular Strength: this is the maximum amount of force any muscle or group of muscles can exert, in one single contraction. More practically, it is how much resistance you can move. If you start off being able to do a ten pound bicep curl, and a month later you can lift twenty pounds, you are stronger.
3. Range of Motion: also called flexibility. This is how far you can naturally move any joint, the meeting place of two or more bones. It should more properly include stabilizing the joints as well; we want to move as far as we possibly can, but still maintain the integrity of the movement. Move too far, and you can stretch or tear your ligaments. Range of motion is a combination of the elasticity of your muscles, as well as their ability to exert just enough force to protect the joint that they surround. Balance can also be included here.
4. Agility and Coordination: a great deal of the functional training we do- think obstacle courses- develops your ability to move quickly in avoiding external objects (agility) and coordination, using your hands, arms, legs, and feet, to achieve specific movement goals. Coordination also involves integration of multiple movements. You will note that we try to stress having you do many different motions, often at the same time. A simple example is the standing press, where we encourage you to use both your arms and legs together to achieve the exercise goal. You must also properly sequence the contracting of the muscles involved to generate the most speed and force, with the most energy efficient and minimal injury risk.
5. Power- focus number one of VERT. Power involves and encapsulates all of the above. Simply stated, power is force exerted over time:



$$\text{Power} = \text{Force divided by Time}$$

$$P = F/T$$

Let's pause a moment while those with a phobia for math and equations recover their breath and composure. We will often hear our clients wanting to focus on improving their strength. It is important to stress that power training in NO WAY inhibits

## 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.
- Dr. Peter Marchetti has implemented a new program offering to our clients. He will provide you consultations focused on realistic diet options and choices while reviewing personal food logs.
- Each consultation will be thirty minutes for \$30.
- This differs from his previous consultations that were focused more on very in-depth medical/science reviews and supplements.
- As always your first consultation is complimentary.

or decreases muscular strength; quite the opposite. A powerful person is stronger, quicker, and has greater capacity for physical work than a person whom is just strong. The "feel" of power training is certainly different. The VERT machines do not have the constant downward tug of gravity as a weight does, as many of you have noted. What you are feeling is a compression of your body as gravity does its thing and accelerates the object that you are lifting, at 33 feet per second per second, back towards the Earth's center. This is also what causes compression of the joints involved in the movement, which increases the risk for loss of proper technique, and with it, increases the risk of injury. Do not allow the difference in that "feeling" deceive you. You are working, and you will get stronger...and more flexible...and more coordinated...and more balanced...and faster...and...more cardiovascular fitness, a nice bonus due to the speed of movement.

Power training wholly incorporates all the components of musculoskeletal fitness. A VERT session will emphasize and help you to develop all facets of your muscular system. This is why we do not focus on any one aspect of your fitness. It cannot be emphasized enough that these components should not be viewed separately. One need not sacrifice any one aspect for another. A quick person can generate more force (strength) than a slower person- would you rather be hit by a car doing 5MPH, or 60MPH?- , a supple muscle moving a flexible joint can generate more speed, moving quickly elevates the heart rate which burns more calories contributing to improved weight management, and so on.



weight management, and so on.

A last note regarding relying on the "feel" of an exercise. Many of us believe that that feeling signifies that we are burning fat in a particular area. This is a concept referred to as spot reduction. It goes as so- if I do a thousand crunches and feel my abs burning, I am burning the fat around my mid-section, or if I do lots of triceps extension and feel a burn in the back of my upper arm, I will reduce the size of my arm or the skin hanging there. You can certainly tone and strengthen the muscles in those areas, but muscle and fat (adipose tissue) are two separate tissues and cannot be converted into each other, any more than you can convert your skin tissue into nerve tissue. There is no relation between the burn that you feel in your muscle and any caloric expenditure and burning of fat tissue. The burn you feel is the production of lactic acid by the muscle as a result of inefficiently consuming carbohydrate. It is a by-product of anaerobic metabolism. If you are working anaerobically, that is the state when there is insufficient oxygen available in the body due to the intensity of an activity, you are no longer burning fat, which requires oxygen to burn.

Also, you cannot shrink a muscle. They can only hypertrophy or grow as a result of resistance training. They shrink only as a result of atrophy, reduction in size due to disuse. What most people are looking for when they want to reduce the size of their arms, or legs, or belly is weight loss. You need to reduce the amount of fat in your whole body, and you DO NOT, unfortunately, get to pick from where; that is genetically predetermined for you. You cannot selectively eliminate fat from your mid-section, and not lose fat around you legs. Doing lots of isolated hip movements, such as squeezing your legs in together such as with a ThighMaster, will not slim you down; it will make your adductor muscles stronger, but if you want smaller thighs, lose weight!

Too many trainers still espouse this process because they simply do not know better, or because they are giving in to what they think you want to hear. Do not allow this to happen. As a matter of fact, squeeze your hips in together with your knees around their head, strengthening and stabilizing your hips, while eliminating a source of misinformation.

Use your SCIFIT sessions to help continue your caloric expenditure and manage your weight, while also developing your cardiovascular capacity. There has been a noticeable and unfortunate trend here at VERT in which we all seem to have become calorie and heart rate obsessed. Yes we try to burn as many calories as we can, and yes we try to elevate our heart rate for prolonged periods of time in order to improve our fitness. I would like to finish this article by addressing some concerns and misconceptions that have developed.

There is not a direct correlation between the heart rate and caloric expenditure. It does not necessarily follow that the higher your heart rate goes, the more calories you burn. If this were true, all of those stressed out desk jockeys in the corporate world

## Nutropia

- Nutritious Gourmet food delivered fresh daily (never frozen)
- 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 get 40 days of food (3 meals 2 snacks per day) for only \$29.99 per day.
- Ask us for more details in the center

## Arbonne

- 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.

would be rail thin and running marathons every weekend. Adrenaline, or epinephrine, can elevate heart rate and blood pressure without any physical duress or benefit. This is your "fight-or-flight response". If this held true, you would not have to exercise, you would just have to have someone scare the hell out of you every five minutes for an hour a day to lose weight.

Heart rate does correlate directly with oxygen consumption, which as noted previously in the article, is necessary to burn carbohydrate efficiently, and to burn fat. So long as you are working within your aerobic capacity, for each increase in the intensity of your activity the demand for oxygen goes up, and your heart rate increases to supply this demand with the blood that carries the oxygen throughout your body. Do not get discouraged if your heart rate does not go up continuously as you exercise. In fact, the better shape that you are in, the lower your heart rate response at any given level of intensity. Your heart rate should go down as you get in better shape. Some medications can also blunt the heart rate response, such as beta blockers, of which atenolol is an example. If you take any medications meant to reduce the contractions of your heart, do not expect your HR to go up. This is a protective measure and means that your meds are working as they are supposed to. If two friends whom both weigh 120 pounds, are in otherwise the same physical shape, and are running at 6MPH, and one is on a chronotropic med, the heart rates they achieve will be very different. There is a limit as to how high the med will allow your heart rate to go. People whom have controlled heart rates should rely on their perception of effort to regulate their training.



Because people have been tying their heart rate to their calorie burn, some of you have been upset when you're heart rate drops in between machines, and this may lead you to believe that you need to stay on a given machine for a longer period of time. It is actually a reflection of your improved fitness if you are able to lower your HR that quickly in the brief rest or transition between equipment. It does not take away from your workout. The better shape that you are in, the faster that your HR should drop. A good test to see if you are getting in better shape is how much time it takes to lower your HR. If you can get your heart rate back down under 120bpm in less than 90 seconds after a hard bout of activity, you are fit. As a matter of fact, recovery HR time is a very good indicator, after a stress test, of the person's probability for having a cardiac event.

Along those same lines, exercise then does not need to be continuous. Intermittent activity- activity with breaks in between- has the same benefit as continuous work. If you walk 3MPH for thirty minutes straight, or do two 15 minute bouts at 3MPH separated by five hours, you get the same health benefits. Your body does not differentiate between the two. Here is another thought to wrap your brain around- walking one mile and running one mile burns the same number of calories. Digest that one! It is the distance that we travel, not how we get there, that correlates to calorie burn. So why jog or run when you could walk? Because it is more time efficient- you can run a mile faster than you could walk one, and because of the cardiovascular benefit for the heart. If you push your heart rate higher, you can tolerate higher and higher levels of both physical and emotional/mental stress. There is some difference in losing weight and being in peak fitness. Walk or run a mile, and you will lose the same amount of weight, but by elevating the heart rate, your work capacity goes up.

That last bit is particularly important, because there is some difference between what we refer to as steady-state work and interval training. Many of you are pushing to do your SCIFIT sessions only in the cardio mode, and not the iso-strength mode. Yes, you may burn more calories in a steady, cardio mode, but that elevated calorie burn does not last long after you cease activity. Otherwise, those people that do a nice stroll for an hour on the treadmill would continually lose weight. They do not because they get used to that level of work, and they are not elevating their resting metabolism. With steady, cardio work, the calorie benefit is during the session and short-term. With interval training, the payoff is during the twenty-three hours that you are not with us. By spiking your intensity level, you burn more calories throughout the rest of the day, which improves both weight management and energy level for longer periods of time. You are also better prepared for more stressful physical and mental situations.

## Fitness Fact

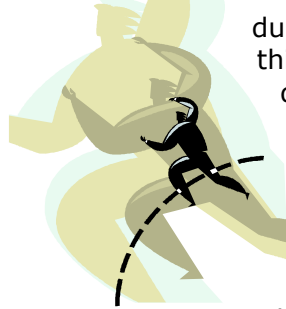
- A study was conducted of both men and women to see if grunting while exercising actually helped someone to lift or improve their exercise results.
- Decibel levels were measured for three maximal grunts and three non grunt sets.
- The researchers found that grunting provided a non-significant improvement in peak force.
- Grunting might be motivational or even entertaining but in the end it does not provide any real benefit



## 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.

A good exercise program utilizes both energy systems and types of training. Just relying on steady-state will not lead to continued weight loss, nor will it continually improve fitness the way that interval training will do. I know that, if done properly, the iso-strength setting can be awful, but the benefits in the long-term are greater



Regarding fat-burning; even though you do not burn any fat during the anaerobic iso-strength training, once again remember that this training results in an increased calorie burn throughout your day. Do not allow yourself to be talked into "fat-burning" activities.

These are useful in the short-term as a recovery for those whom exercise intensely for most of the year, or for those whom are thoroughly de-conditioned and would not be capable of doing a number of intervals, or might be at risk from such elevations of the HR and blood pressure. Yes, at lower levels of intensity, the percentage of fat burned is greater, but you burn fewer total calories, and the elevated calorie is not long-term. Would you rather burn 50% of 100 calories as fat by walking slowly, or 40% of 200 calories by doing intervals. Do the math and you should be pleasantly surprised.

Some members are concerned that certain machines do not burn as many calories as others. This is to be expected! The PROI (armbike) only uses your arms, and the muscles there are smaller than those you use on the bike. You may notice that you burn more calories on the bike, but have a higher heart rate on the PROI. Using smaller muscles makes the work harder, it is harder to pump blood continually into the smaller vessels and spaces in the arms, so the heart rate tends to be higher. The value in using different machines is to vary the workout and avoid overuse injuries which can prevent you from exercising altogether, to keep it interesting, and to develop all parts of your body. More practically, it keeps you from getting in each others way and allows you to make more efficient use of the 30 minutes in your SCIFIT session; we try not to have you waiting around.

I regret that this will be the last article that I write for the VERT newsletter, as I am pursuing another opportunity in the fitness field and continue to advance in my career. I have worked for 15 years in the health/fitness industry and it has been a distinct pleasure working with all of you. I hope that I have been able to help some of you achieve your fitness goals. At the very least I hope that I was able to teach a little bit of something to all of you, and to get all of you more enthusiastic about exercise and moving in the right direction. I wish the best of luck to everyone in the VERT family, staff and members together. Please remember that you are part of something unique and special, and I firmly believe that this is the direction that fitness in this country is moving. All of you are pioneers. I thank you for consideration, and wish you all the best.

## Don't Give Dad a Tie This Father's Day – Give Him The Gift of Health & Relaxation

- VERT Gift Certificates for:
  - Personal Training
  - Golf Pro Lessons with the Bethpage Black record holder
  - Deep Tissue Relaxation Massage ½ hour or hour
  - Acupuncture for stress reduction – new cold laser technology
  - Nutrition Consultations
- Polar Watches & Wearlinks
- Arbonne Skin Care Products for Men



## Genji Restaurant Discount

- This is a great new hibachi restaurant that opened near VERT
- Mention you are a VERT client and get a discount on your check

## Food Labeling

- As of June 1, 2006 companies were required to list trans fat on a separate line for nutrition facts
- Companies can list trans fat as "0 grams" or "no trans fat" if the amount is less than 0.5 grams per serving.
- However, there is a confusing message on labels that list No Trans Fat but also indicate partially hydrogenated oil.
- It means the food has less than 0.5 grams of trans fat per serving

## What is Trans Fat?

- Trans fat is formed when liquid oils are made more solid in a chemical process called hydrogenation
- Consumption of trans fat increases bad cholesterol levels
- No more than 10% of caloric intake should consist of a combination of saturated fat and trans fat.

## VERT Fit Star of the Month



### Richard Gertler

**Occupation:** Attorney

**Favorite VERT Exercise:** Balanced Workouts combined with core training

**Favorite Health Food:** Apples, Pears, Carrots

**Fitness Goals:** Develop Muscle Tone, Endurance, and athletic abilities

**Fitness Achievement Highlight:** He is now **10 years younger** when comparing his BodyAge to his Chronological Age. His Lean Body Mass ratio is now in the **Optimal** range and he has gained over 6 pounds of muscle. His strength has improved over **10%** and flexibility has significantly improved. Perhaps his new name should be **Optimus Prime!!**

**Fun Fact:** Loves to cycle fast

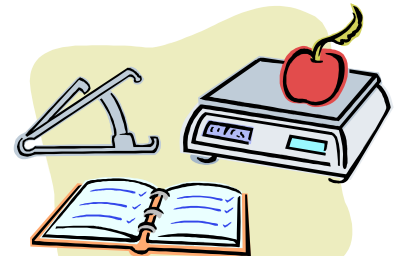
**VERT Compared to Past Training:** SUPERIOR. I have found that VERT training provides me with a multi-dimensional interval workout, which does not cause me to bulk up. I accomplish more in less time. It is truly my secret competitive edge".

**Hobbies:** Cycling, Kayaking, Golf, & Tennis

## SIX DIET DISCONNECTS

IFIC Foundation Survey

WASHINGTON, DC -- More than half of Americans say they are trying to lose weight, and a majority of them say they are trying to improve the healthfulness of their diet and increase their level of physical activity. However, nine out of 10 Americans do not know how many calories they should consume in a day.



The conflicting findings on calories represent just one of six consumer "diet disconnects" found in the second annual *Food & Health Survey* conducted by the International Food Information Council (IFIC) Foundation. The survey of 1,000 American adults was conducted over three weeks in February and March of 2007.

"This survey is an important snapshot highlighting the gap between Americans' desire to have a more healthful diet and the reality of converting this desire into day-to-day behavior," says Susan Borra, IFIC Foundation president and registered dietitian.

Other findings include:

A majority of Americans (84 percent) reported being physically active, for health benefits, at least once a week, but nearly half (44 percent) of Americans who report being physically active say they do not "balance diet and physical activity" to manage their weight.

## 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

### Contact Us

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<http://www.vertfitness.com>

Ninety percent of Americans agree that breakfast is an important meal to achieve a healthful diet, however less than half of Americans (49 percent) report eating breakfast every day.

Consumers' concern about the types and amounts of fats they include in their diet is up from a year ago (72 percent vs. 66 percent), and they are specifically trying to consume less *trans* fat, although consumers are unclear about which fats are healthful. For example, Americans report trying to consume less polyunsaturated fats, one of the fats recommended for health benefits.

More than 70 percent of consumers say they are trying to consume more carbohydrates such as fiber and whole grains, but more than 50 percent remain concerned with the amount of carbohydrates they consume.

Most consumers agree that consuming specific foods and beverages can provide health benefits beyond basic nutrition. These benefits include improving heart health (80 percent), improving digestive health (76 percent) and improving physical energy or stamina (76 percent). However, more than 50 percent of Americans say they currently do not consume foods or beverages that deliver these benefits.



# Melt Fat Away.

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No sweating.  
No kidding.

At Cara Mia Laser Spa, we offer completely safe alternatives for body sculpting.

Whether you are looking for immediate reduction, or a long-term solution to unwanted fat cells, we offer a non-surgical alternative to liposuction to give you the results you want.

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