



# May Newsletter

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## Quote of the Month

- "What lies behind us and what lies before us are small matters compared to what lies within us".
- Ralph Waldo Emerson

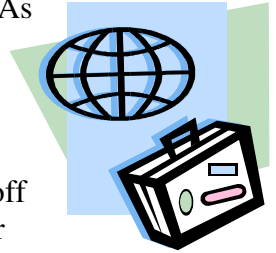
## Did You Know?

- Most people believe that an appetite is stimulated after a workout.
- Actually it is suppressed and researchers have dubbed this as "exercise induced anorexia"
- Position variability of the body during exercise tends to result in an increase of suppression as opposed to maintaining a more constant stable position.

## Fitness Tips for Travel, Part 2

Arthur Zanelli, BA, MA

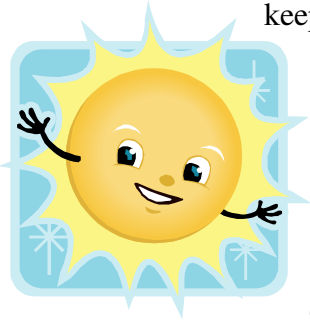
Summer is that much closer since you read our last VERT newsletter. As I write this article, Memorial Day is but 25 days away, Cinco de Mayo is directly upon us, and here comes May Day (May 7<sup>th</sup>- for any followers of Che, Viva la Revolucion!). After wrestling with the tortillas, guacamole, and the tequila- and all the calories that come with those- we are at least afforded the opportunity to burn the extra energy off by marching in support of the workers of the world. But what to do after Memorial Day and the All-American Barbeque Feast Season that it kicks off each and every weekend that follows? I made some suggestions in the last article to try to maintain the resistance training portion of your routines, and to try to match the intensity level that we provide you with here at VERT. This article will address your cardiovascular training, with a particular focus on maintaining the intensity of your SCIFIT sessions.



Many of you will look to, or will have to, take your activity outside as the weather improves. Equipment may not be readily available where you are staying, or the quality of it may be inadequate- especially in many hotels- or you may simply wish to take in as much fresh air as possible. The first issue to look at then is protecting you from the elements as presented by summer or warmer climates.

A good idea is to make a habit of checking how the weather will be for a few days at a time, and then recheck on the day on which you plan to be active. Weather reports now typically include heat and activity indexes. These can warn you about conditions that may run between simply being inclement, to more dangerous conditions. You want to avoid being outdoors and active during the hottest, most humid parts of the day. It can take up to two weeks to adjust to changes in climate brought about by change in season or location, so allow time to adjust. If you have the intention of taking your exercise outdoors, you should gradually begin acclimating yourself by getting outside early in the season.

Avoid exercise during the peak hours of sun between 10AM and 4PM. Restrict your more vigorous activity to early in the AM, or in evening once the sun has set- direct sunlight can raise the heat index by as much as 15 degrees! If you are out during these hours, try to keep in the shade. Apply sunscreen or sun block 30 minutes prior to



heading out to allow it to dry, so that your protection does not roll off you as you sweat. It is almost impossible to reapply lotions to already perspiring skin. The longer you intend on being outdoors, the higher the SPF level you should wear. Wear long-sleeved shirts and long pants- there is a reason people in desert regions dress this way; it keeps the direct sunlight off your skin. Make sure that your clothing is light and loose-fitting to allow for proper cooling- the cushion of air between you and your clothing is usually cooler than the air around you, and heat travels from higher concentration areas to lower areas of concentration. You may also invest in the newer micro-fibers that wick or remove sweat from the surface of the skin. Once again, the sweat on your skin may at first be cooling, but as it warms up, it is less effective at removing heat away from your body. Wear a hat with good ventilation and sunglasses with UVA/UVB protection.

## VERT Charity Events

### Crossways Corporate Challenge – June 10

- Benefits Eve Foundation (Domestic Violence), Special Olympics, SK Children Charities
- VERT is looking to sponsor two teams so sign up in the center
- Fun event and great goal to train for
- Relay – Run & Bike – Separate Walk-a-thon

## 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.

Drink plenty of fluids, especially water. One time when you should weigh yourself before and after a workout is when going outside during the heat. Whatever weight you lose is not fat, but water. Replace about 1lb loss of water with 1.5 L of fluid; it is even better if you take in an electrolyte solution such as Gatorade, PowerAde, or even Pedialyte in a pinch. Do not worry about the carbohydrate; it is the electrolytes in those solutions that the body will need.

To properly gauge just how intensely you are exercising, you need not have your Heart Rate monitor with you. If you can find a pulse- anywhere- you can be your own



Wearlink. Do not use your thumb as it has its own pulse which can confound your efforts. Potential sites where it is generally easy to locate your pulse are: the radial artery at the thumb-side of either wrist; the brachial artery on the inside and middle of your upper arm, between your biceps (slightly underneath) and triceps; and the carotid artery in the groove on either side, about an inch, from your Adam's apple. If you are really good, you may even find the femoral artery on the inside and middle of your thigh between the quadriceps and hamstrings! Locate your pulse at rest before you go out. If you are concerned that you will not find it while exercising, mark it with an indelible marker to prevent sweat from smearing it off. Get a steady run of pulses/beats. Start your counting at zero, and count the number of beats you feel for ten seconds. Multiply what you get by six (sixty seconds), and you have your minute pulse. You may also count for 15 seconds and multiply by four. Both are equally accurate.

Use this while you are exercising; if you stop for longer than that, your pulse will start to slow down and you will underestimate your effort. To get a resting pulse, count beats while you are lying down for a full minute. Your resting pulse should be anywhere between 50 and 90 beats/minute. Any higher, and you may want to consider avoiding vigorous outdoor activity on that day- heat can elevate the heart rate rapidly, and if you are feeling it while you are at rest, you can be assured you will get worn down rapidly while moving. To figure out how hard you should exercise, you may use the following calculations each day:

1. Subtract your age from 220. That is a decent predictor of your maximum heart rate (MaxHR). Subtract your resting pulse (RHR) from that. Multiply that result three times, by .5, then .7, and again by .85. Take those results and add back in your RHR. This will give you target heart rate zones at 50, 70, and 85% of your aerobic capacity. There is a fairly linear relationship between the intensity of work that you are doing and your HR. You will exercise between 50 and 85%.
2. A less accurate gauge is to multiply your MaxHR by .6 and .9. With this, you exercise at 60-90% of your aerobic capacity.

After exercise, if you have not over trained, it should take you no more than 90 seconds to lower your HR to 120 beats/minute. If it takes significantly longer than that, you may have overdone it on that day, and should adjust accordingly during your next workout. Try to keep your exercise HR between 70 and 90% of your HR zones. The more vigorous work will be comparable to the typical first 15 minutes of a SCIFIT circuit in the manual mode. The least fit should do 15-20 minutes, average fitness 20-25 minutes, very good 25-30 minutes, and the most fit 30 minutes plus. Try these two or three times per week.

To try to mimic the intensity of the Iso-Strength settings, you can use interval training. Give close to an all-out effort for 30 seconds, then either stop altogether or walk very slowly for 30 seconds. Remember that effort is individualized. Some of you may be sprinting for that time; others may be engaged in a very fast walk. Just make sure that it is VERY HARD!!! If you cannot run, walk as fast as you can up a very steep hill. Or, use the steps of a stairway- go up and down on one step for 30 seconds before recovering. For those whom are less fit, try 5 minutes of this. Average fitness levels can try ten minutes, the more fit 15 minutes, and the elite (athletes) 20 minutes. You can do this once or twice per week.

Other ways to try to simulate the Iso-strength setting are quarter- or half-miles. Run at a

- 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.

## 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

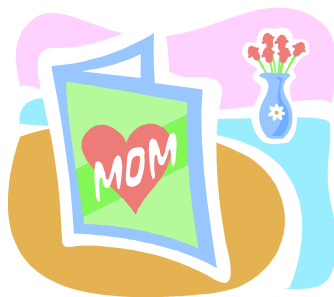
- Check out the only skin care line we were impressed with enough to offer our clients.
- It is all botanical, hypoallergenic, and uses essential oils vs. mineral oils. Their nanosphere technology (born from cancer research) targets those skin cells that need it most.
- Ask for a sample kit and experience how much better this is

pace that allows you to finish the distance, albeit somewhat uncomfortably. Allow your heart rate to drop to 120 beats/minute, and resume. Start with three quarters the first week, four the next, five the third, and six on the fourth. Go back down to three in the fifth week, but try to cut your recovery time in half. Go up to four and five in the following weeks. Repeat that process through the summer. Each time you get back to three, you should be in better shape and in need of less recovery time, so that you should run or walk faster! Try to run or walk a mile every eight weeks and see if you can cover that distance in less time each time you attempt it.

Keep it simple and fun if you like- walk one block, jog the next, and sprint the third and repeat at least five times; more if you are up to it. Walk quickly or run up a hill, and the walk back down to recover. If you have a round pool, walk or run quickly clockwise five times. Then, turn around and work against the vortex you stirred up. See how many times you can go counter-clockwise without giving up or needing to rest. If you have access to stairs, run up three steps, and back down one. If you are in a high-rise, walk or jog up two flights, and walk back down one and repeat.

Be creative and enjoy. Take advantage of swimming or cycling opportunities. Find pick up games of soccer, volleyball, or basketball. Chase your kids around; chase your significant other around! Whomever catches the other the fastest wins a prize of their choosing- say having the "slowpoke" do the dishes; I am sure that you can think of something sufficiently motivating to catch, or not be caught!

Have a great summer!!!



## Give the Gift of Health & Stress Relief this Mother's Day!!

Give VERT Gift Certificates for either training or massage therapy sessions.

## VERT Fit Star of the Month



### Jerry Vitale

**Occupation:** Cosmetic Dentist

**Favorite VERT Exercise:** Standing Press

**Favorite Health Food:** Fruit

**Fitness Goals:** Weight Loss & Body Fat Reduction

**Fitness Achievement Highlight:** In only 12 weeks he has a Lean Body Mass improvement of **8%** losing weight and putting on lean muscle. His strength has improved over **14%** and flexibility has improved over **5%**. **Amazing!!**

**VERT Compared to Past Training:** "NO comparison. VERT far surpasses all previous training experiences".

**Hobbies:** Golf

for your skin than anything else out there.

### Fitness Fact

- A CDC survey reveals that over 12.5 million children and adolescents ages 2 to 19 were considered overweight.
- VERT is about to launch a few new adolescent programs for ages 10 to 18.
- One is a program for parent child workouts.
- The others are athletic speed training camps.
- Contact us for further details.



## Calorie IQ Test

Joy Bauer M.S., R.D., C.D.N.

Test your CALORIE IQ! Which of the following snacks have the fewest calories?



### At the Mall

1. Soft serve vanilla/chocolate ice cream in a wafer cone (small serving)
2. Strawberry Wild, Jamba Juice (24 oz)
3. Aunt Annie's Pretzel (whole wheat without butter)
4. Cinnabon - MiniBon

Answer: Small soft serve ice cream cone (at 150 calories).

The whole wheat, butter-less pretzel, has a whopping 350 calories and the Cinnabon,... even though it's "mini" will set you back 300 calories. While the smoothie seems like a good choice, it's a large serving and the calories add up fast (310 calories).

### At the Vending Machine

1. Corn Nuts (1.7oz bag)
2. Peanut M&Ms (1.7 oz bag)
3. Nature Valley Granola bars (2-pack hard granola bars)
4. Trail Mix (2.75oz bag)

Answer: Granola bars (at 180 calories).

The corn nuts are next in line at 220 calories, then the peanut M&Ms at 250 calories, followed by the bag of trail mix at 480 calories.

### At Starbucks

\*All small servings with skim milk

1. Pomegranate Frappuccino juice blend - no whipped cream
2. Coffee Frappuccino Light - no whipped cream
3. Iced vanilla skim latte - no whipped cream

Answer: Coffee Frappuccino Light (110 calories).

The Iced Vanilla Skim Latte is only slightly higher, so you can certainly enjoy that too (120 calories). However, the Pomegranate Frapp is laden with sugar and has as many calories as the Coffee Frappucino Light with whipped cream (210 calories). The best Frappucino Light options are without whipped cream - they're low in fat and less than 200 calories.

### At the Movies

1. Medium popcorn - "no butter"
2. Twizzlers (6oz bag)
3. Chocolate Covered Raisins (3.5oz bag)

## 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.
- Congratulations to the **Kornbergs** for having the most referrals in April and winning prime seats to the NY Dragon's Arena Football Game.



## Genji Restaurant Discount

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

Answer: Chocolate covered raisins (at 410 calories).

The chocolate raisins are the least caloric, although eating only half the box would be the best option by far! The Twizzlers are next (570 calories), and surprisingly the most caloric is the unbuttered, medium popcorn at a whopping 900 calories! That's because movie theatre popcorn is popped in so much oil (not to mention the salt).

### At Happy Hour (3 large handfuls of each)

1. Bowl of mini pretzels
2. Bowl of nuts
3. Bowl of party mix

Answer: Pretzels (330 calories).

The pretzels are the best choice calorie and fat-wise, but remember that although they are fat free, the calories add up quick. Three handfuls of party mix will set you back 400 calories and three handfuls of nuts will provide about 500 calories.

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## VERT Massage & Acupuncture Services

Be sure to meet Tamara for Massage Therapy and Theresa of Advanced Acupuncture of LI as they as they are providing these exciting beneficial services at our center.

### Massage Therapy

Tamara provides:

- Medical Massage
- Sports Massage
- Deep Tissue Massage

Best of all VERT fitness clients are entitled to one complimentary 15 minute chair massage as well as a 10% discount on all future massage services. So schedule your medical massage and you are sure to be invigorated!!

### Acupuncture

Unique services offerings are available such as:

- All Aspects of Acupuncture
- Acupuncture Fertility
- Allergy Elimination
- **New State of the Art Cold Laser Acupuncture for:**
  - Smoking Cessation
  - Weight Loss
  - Stress Management

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## Acupuncture Insight



Acupuncture is one of the modalities of Oriental medicine. Although what is called acupuncture in the West comprises several different therapies (such as moxibustion and cupping), mostly it consists of the insertion of fine needles into the body at specific points shown to be effective in the treatment of specific health problems. These points have been mapped by the Chinese over a period of two thousand years, and there are more than a thousand known acupoints. In the past three decades, electromagnetic research has confirmed the existence and location of

these points.

## **What problems can be treated by acupuncture?**

The World Health Organization recognizes acupuncture's effectiveness for over 40 common disorders, such as:

1. Ear, Nose & Throat Disorders (Toothache, earaches, sinusitis, rhinitis, laryngitis).
2. Respiratory Disorders (Colds & flu, bronchitis, asthma, allergies, emphysema).
3. Gastrointestinal Disorders (Food allergies, nausea, indigestion, diarrhea, constipation, ulcers, colitis).
4. Circulatory Disorders (Hypertension, cholesterol, arterial sclerosis, angina pectoris).
5. Urogenital Disorders (Cystitis, stress incontinence, neurogenic bladder, prostatitis, prostatic hypertrophy).
6. Gynecological Disorders (Menstrual irregularity, endometriosis, PMS, infertility, menopausal syndrome).
7. Musculoskeletal Disorders (Tennis elbow, frozen shoulder, TMJ, sciatica, low back pain, arthritis, carpal tunnel syndrome, fibromyalgia).
8. Psychoemotional & Neurological Disorders (Depression, anxiety, insomnia, headache, migraine, trigeminal neuralgia, intercostals neuralgia, post-stroke, paralysis, dizziness, tinnitus).

In addition, acupuncture has been used for centuries throughout Asia to treat hundreds of other problems.

## **How does acupuncture work?**

Modern Western medicine cannot yet explain how acupuncture works. Traditional Asian acupuncture is based on ancient Chinese theories of the flow of qui (a fine, essential substance which nourishes and constructs the body) through distinct channels that cover the body somewhat like the nerves and blood vessels. According to this theory, acupuncture adjusts the flow of qi in the body, leading it to areas where it is insufficient and draining it from areas where it is stuck and /or super abundant. In this way, acupuncture restores the harmonious balance of the body and its parts. In Chinese, there is a saying, "If there is pain, there is no free flow; if there is free flow, there is no pain."

## **Is acupuncture safe?**

When performed by a competently trained, licensed professional, acupuncture is extremely safe. All licensed acupuncturists today use individually packaged, sterile, disposable needles. So there is virtually no chance of infection or contagion.

## **Does it hurt?**

Acupuncture needles are typically not much thicker than a hair, and their insertion is practically painless. It is nothing like receiving an ordinary injection. In some cases, you will not even know the needles are in place. In others, there may be some tingling, warmth, heaviness, or a feeling of the qi moving up and down the channels. Most people find acupuncture extremely relaxing, and many fall asleep during treatment.

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### **Contact Us**

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