

In This Issue

- Holiday Party Survival
- VERT Fit Star of the Month
- The Benefits of Boxing
- Are You Eating Enough

Quote of the Month

"The difference between the impossible and the possible lies in a person's determination". – Tommy Lasorda

Did You Know?

- Fifteen Percent of U.S. 15 year olds get inadequate amounts of exercise, compared to ninety percent of 9 years old who participate in daily activities according to the University of California.
- Fifty Seven Percent of employers with 500 or more employees are offering a corporate wellness program up from forty nine percent in 2006. VERT offers various corporate wellness programs with discounts for employers so be sure to tell your employer.

HAPPY HOLIDAYS FROM THE VERT STAFF

Holiday Party Survival

By Brenda Hager

Why is Holiday Party Survival important? Although the Thanksgiving holiday is behind us, and hopefully not literally, the results of that meal could push you back the many steps you've worked so hard to strive forward. Since we cannot change the past, let us learn for the future.



A typical Thanksgiving meal contains more than 3,000 calories. What does it do to your body? The good news is that it takes 3,500 excess calories to gain a pound- so you might escape from your holiday feast with little to show for it. The bad news is that at least 40 percent of the excess calories you've eaten probably come from fat. Fat is the most calorically dense (nine calories a gram versus four for protein and carbohydrates), and it converts most easily into fat on your hips.

What's in your Thanksgiving Feast?

Mixed nuts and crackers, 289 calories, 23 g fat
 Sour cream and spinach dip, 108 calories 9 g fat
 Small salad with dressing, 173 calories, 16 g fat
 Dark and white turkey meat, 239 calories, 10 g fat
 Herb stuffing, 292 calories, 10 g fat
 Green beans almondine, 124 calories, 8 g fat
 Cranberry sauce, 200 calories, 0 g fat
 Gravy, 84 calories, 7 g fat
 Sweet potato casserole, 309 calories, 9 g fat
 Cornbread with butter, 338 calories, 23 g fat
 Two glasses white wine, 201 calories, 0 g fat
 Pumpkin pie with whipped cream, 321 calories, 24 g fat
 Pecan pie with whipped cream, 568 calories, 43 g fat



The holiday season is full of parties, celebrations, and getting caught up in the spirit of the giving season. However, it is also a time of overindulgence and often weight gain. How do you balance enjoying what this time of year has to offer while maintaining your weight? Here are some tips that might help you avoid the post holiday weight gain blues:

❖ Increase your workout days in advance.

Increase your workout days in advance. You may be too tired to gorge and you may burn enough calories to compensate for those you'll be bulking up on later. "Physical activity is the currency with which you pay for food," says Pamela Peeke, MD.

❖ Eat before you leave for the party.

While the food might be delicious at many holiday gatherings, it is likely loaded with unnecessary fat and calories. Eat a small light, low-fat, high fiber meal before you go so that you're not famished when you arrive. Eat a small snack high in hunger-

- People with early stage Alzheimer's may be able to preserve their brain function longer by exercising regularly, and potentially reducing the amount of brain volume lost – Neurology July 2008

VERT Physical Therapy & Rehab

- Come in and learn about injury prevention

VERT 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 our new nutritional consultant Leslie Berezow – Ask us for details

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).

satisfying fiber, like an apple, carrot, small salad, or yogurt topped with bran, or soup. If you must, politely sample one or two items but don't make the party your meal source for the day.

- ❖ **Drink less alcohol.**

Alcohol douses your resolve, ignites hunger, and adds to your calorie load.

- ❖ **Don't hang out at the food table.**

Parties are for catching up with friends and socializing. Remember that this is the purpose of the party – not the food. Take the lead and move away from the food table to socialize. Standing near the food increases the temptation to mindlessly nibble on foods until you've consumed enough calories for three days.

- ❖ **Offer to bring a food item.**

It is not uncommon for guests to bring a food item to share at a holiday party. Make something healthy that you know you can enjoy and eat.

VERT Fit Star of the Month

	<p>Jorge Perelli</p> <p>Occupation: Business Owner of Cleaning Services</p> <p>Favorite VERT Exercise: VERT Standing Press</p> <p>Favorite Health Food: Salad with chicken</p> <p>Fitness Goals: Loose weight and be in shape to maintain low sugar and cholesterol levels</p> <p>Fitness Achievement Highlight: Jorge has lost 12% of body fat, 29 pounds, while gaining 25 pounds of muscle. His sugar level has gone from 240 to 110 and cholesterol from 250 to 140. His BodyAge is now 51 compared to 61 when he first started training. Jorge has taken the fat out to the trash and is sparkling with results.</p> <p>Impression of VERT: "It's a completely different approach to fitness. Health wise it is priceless".</p> <p>VERT Positive Impact: "Improved lifestyle, great energy, feel better, and positive thinking".</p>
--	--



The Benefits of Boxing

By Ron Neuberger

When many of us think of boxing, most people think it's just punching, and punching as hard as you can. Being one of the most beneficial full contact sports around, boxing doesn't just help you punch better, but adds to strength, flexibility, balance, and coordination. Not to mention the amazing cardio effects and



calorie expenditure.

How Boxing techniques will improve your overall fitness:

- ✓ **Strength:** Overall punches are helping increase your muscle strength thru explosive power movements.
- ✓ **Flexibility:** Stretching your arms outward for full range of motion during extension, and full retraction of range of motion to starting point of punch.

- Ask us for more details in the center

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.

Contact Us

516-334-8378

jericho@vertcenter.com

<http://www.vertfitness.com>

- ✓ Balance: Keeping your feet planted while leaning into the punch and being able to control your balance while throwing combinations
- ✓ Coordination: Hand-eye coordination while punching a specific target.
- ✓ Cardio: Constant total body movements in multiple planes of motion.

Boxing is something that can be taught to anyone at any age and fitness level. Teaching an adult or a child how to box is not only teaching them the correct ways to punch but also shows them:

- ✓ Specific body movements to make the throw more effective
- ✓ Correct breathing methods to maintain energy
- ✓ And correct footwork to train your body to work in different planes of motion while maintaining your balance and coordination.

Whether you are learning how to box for fun, fitness, or for sport, it is knowledge that you can take with you anywhere you go and most importantly a very rewarding workout to add to your weekly regimen here at Vert Fitness.

So remember, boxing is not just about punching something as hard as you can. There is a lot of technique involved and the overall health benefits will push your training to new fitness levels. Please ask us about our new cardio boxing class that will be starting soon and compliments your VERT session training.

Are You Eating Enough?

By Jillian Michaels

The program is designed to help you shed pounds, increase energy, and finally get fit for life!

I know this isn't what you're used to hearing this time of year, but it's important to make sure everyone's got it straight. You're all trying not to go over your allotted calorie amounts for the week, but how many of you aren't eating *enough* calories? It may seem like a bright idea to cut a hundred or so calories from your diet each day, but that's a dangerous and incorrect assessment of your dietary needs. It is absolutely 100 percent essential to eat enough calories! If you don't, it will destroy your metabolism. It's like telling your body that you're starving. If your body thinks it's starving, your metabolism will shut down.

Not eating enough calories will also force the body to cannibalize muscle and hold on to fat. The body considers muscle to be expendable during periods of starvation, and it considers fat to be necessary to insulate your organs for survival.

Finally, a deficit of daily calories will lead to a horrible cycle of yo-yo dieting. You'll starve yourself and end up losing muscle, and when you begin to eat the right amount of calories, your body will pack on the pounds in anticipation of another "famine."

What can you do to break the cycle? If you're a woman, set your calories at 1,500 steady; don't vary them. I almost NEVER say that, but in order to get your metabolism back up to speed and set your body right again, you're going to need consistency and time.

Stay on this calorie allowance and exercise at least five hours a week. You probably won't lose weight for at least four weeks, but the good news is that you won't gain either, and hopefully we will have gotten your metabolism back on track permanently. After about four weeks or so, you should start to lose weight, and then you can begin to vary your daily calorie intake, as long as you never drop below 1,200 calories. Now, go get something to eat!

