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Quote of the Month

"I'm a great believer in luck, and I find the harder I work, the more I have it". – Thomas Jefferson

Did You Know?

- Regular exercise enhances mood better than sporadic activity. Aerobic exercise resulted in an increase in vigor and a decrease in fatigue among regular exercisers. This is according to the Archives of Physical Medicine Feb. 2008
- Obesity can increase the risk of several cancers, including kidney cancer and some blood cancers. For men, risk is increased for thyroid and colon cancer. In women, risk is increased for gall bladder cancer.

Jump Squats

By VERT Staff

Objective: to strengthen the major muscles of the lower body

Muscles Used: Quadriceps, Hamstrings, Calves, Gluteus Maximus, Abductors, and Adductors

Foot Position: start with your feet shoulder width apart.

Hand Position: place your hands in a position where you can hold the arm without creating too much compression down on your spine. Most of you will hold the handles, the pads or the arm itself.

Head Position: the head should be relaxed with eyes focused forward and chin up to reinforce good posture.

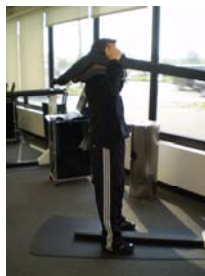
Upper Body Position: your hips should be underneath your shoulders without any lean.

Jump Squat Position: Your body position should be no lower than forty-five degrees. Your knees should **NEVER** go forward over your toes.

Performing the exercise:

Down Phase: upon hearing the starters' pistol the individual should drop quickly while controlling your body on the way down which will allow you to be more explosive and generate more POWER with your legs on the way up. To perform this exercise correctly, make sure you are dropping your hips to the ground stopping at a forty-five degree angle. This descent should be about a quarter of the distance you would drop for a regular squat. It is vital that the individual remembers that their knees should stay over their heels and NOT GO PAST THEIR TOES!

Push Phase: after dropping down to a slight squat position quickly, the individual will generate speed and power by exploding off the ground as quickly and as high as possible. Keep in mind muscles you are using while performing the exercise: Quadriceps (thighs), Hamstrings (back of the leg), Calves, Gluteus Maximus (buttocks), Abductors (outer thighs, hips) and Adductors (inner thighs). We want you to explode from the balls of your feet, then land softly on the balls of your foot as you will then rock back onto your entire foot in order to repeat the next repetition. When you are driving up with your legs to full extension do not thrust your hips forward or backwards when landing. You always want to keep your knees soft (slightly bent) and land on the ground in the same position you started your jump. You want to avoid landing with your feet behind or too far in front of your hips (keep a neutral position). While performing the exercise the individual should always concentrate on keeping the abs tight in order to stabilize the spine.



VERT Physical Therapy & Rehab

- Come in and learn about injury prevention

VERT Online Nutrition Program

- VERT has launched it's complete 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 Dr. Marchetti
- Dr. Marchetti can go beyond most other nutritionists as he not only covers diet plans but also he review your blood work and identify any vitamin or nutrient deficiencies

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).
- Ask us for more details in the center

How this exercise relates to everyday activities: Performing jump squats help build the foundation of the body which is the legs. Jump Squats make it easier for one to sit down and get up out of a chair easier, walk up and down the stairs without getting out of breath, makes it easier to jump up and get that box of pasta off the top shelf of the kitchen cabinet, as well as gives you the edge when trying to get that last on sale item off the high retail shelf. In addition, for the athlete in all of us, jump squats will improve our jumping, running, explosiveness, stamina, and strength.

Key Points to Remember:

1. Look straight ahead at all times to reinforce good posture.
2. Never lock out your knee joints always keep them soft
3. Your feet should be shoulder width apart.
4. Hold the VERT arm loosely either on the pads or the handles.
5. Drop quickly and explode off the ground!
6. Stop at a 45 degree angle with your legs.
7. Your knees should never go in front of your toes.
8. The shoulders should be relaxed, do not shrug them up as you explode with the legs.
9. Keep your back straight and abs tight to reinforce good posture.
10. Explode up like you are breaking through a brick wall above you.
11. Exhale on every jump in order to maintain the explosiveness throughout the set.
12. This is a strength, cardio and power enhancing exercise.
13. **Always smile and thank your wonderful trainer for putting you through such a great workout!**

VERT Fit Star of the Month



Seth Orenstein

Occupation: Owner and teacher of Scuba at Scuba Shop in NYC

Favorite VERT Exercise: Leg Extension

Favorite Health Food: Fresh Fruit

Fitness Goals: To lose weight and get fit before his daughter's Bat Mitzvah in October

Fitness Achievement Highlight: In 12 weeks he has lost **15 pounds of fat** and put on over **19 pounds of lean body mass muscle**. His BodyAge is **9 Years Younger**. He has lost over 2 and half inches on his waist and a total of 9 and half inches on his body. Those results sure are nothing to blow bubbles at and are better than any treasure found while scuba diving.

Impression of VERT Trainers: "All of the trainers are very knowledgeable and caring and each one tries to motivate us to do our best".

VERT Positive Impact: "My wife noticed that my clothes fit better and that I am wearing some of the things from the back of my closet that she has not seen in a while".

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.

Task Force Targets Suffolk's High Heart Disease Death Rate

By Ridgely Orchs, Newsday - June 21, 2008

Tricia Restucci of East Setauket had a stroke when she was 34. She had a heart attack when she was 38. Now 43, the mother of three is one of the lucky ones. Heart disease is the number one killer nationwide, and both Suffolk and Nassau have higher death rates from it than either state or national averages.

Concerned about Suffolk's heart disease death rate, which ranks 13th worst among the state's 62 counties and worse than Nassau, Suffolk Health Commissioner Dr. Humayun Chaudhry has set up a task force. Eleven doctors and nurses from around the county began meeting in February to come up with ways to educate practitioners and patients to ensure they are up-to-date on risk factors, symptoms and treatments.

Journalist Tim Russert, who died earlier this month, will be one of 870,000 Americans to succumb this year to heart disease or stroke. Suffolk's heart disease death rate for 2005, the latest data available, is 257.5 per 100,000. The state average was only 240.7 and the national average 210.3. That means an extra 693 people in Suffolk died from heart disease in 2005 compared with the rest of the country.

Nassau's heart disease mortality rate is slightly better: 250 per 100,000, which makes the county 15th worst. That is an extra 526 Nassau residents who die from heart disease compared with the rest of the country.

Last year, Nassau started its Healthy Nassau campaign to reduce risk factors that can lead to heart disease, such as smoking, obesity, diabetes, hypertension and high cholesterol.

Dr. Maria Torroella Carney, Nassau's health commissioner, said while the county is doing better than the state in some areas, such as diabetes, "we acknowledge we can do better." Chaudhry concurred. "We can't be satisfied with the status quo," he said.

The task force decided to focus first on just heart disease, which causes more deaths, and not on stroke, Chaudhry said. But Suffolk's stroke rate is also high: 36.5 per 100,000 compared with a state average of 30.4. By contrast, Nassau's rate is much lower: 25.4.

Chaudhry suggested Suffolk's relatively high numbers "probably relate" to Suffolk's geography and size, and the fact it has only one hospital that offers all medical services, Stony Brook University Medical Center, compared with four in Nassau. Other reasons, the commissioner said, could include residents' "insufficient understanding" of the signs and symptoms of the disease and "less than 100 percent adherence" by doctors of heart disease prevention guidelines.

"We can't change geography or create a new university hospitals," Chaudhry said. But, he said, "we will do everything we can to address the latter two areas."

Beginning in the late summer, task force members plan to visit Suffolk's 11 hospitals and the county's 11 health clinics with a presentation on heart disease. They are working on a pamphlet for doctors and they hope to host two community health fairs.



Contact Us

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June Exercise of the Month – Record Holder Humpty Dumpty

Kevin Ruthen and Sean McCaffrey – 181 Passes
Elyse Meistle and Portia Lack – 71 Passes



Exercise of the Month – Turn Two Drill

Reaction on Unstable Surface



Core Strength, Balance, Stability,
Responsiveness and A LOT OF FUN!!!!

Two individuals stand on a unstable surface (BOSU balls, VERSA discs, etc), with feet hip width apart in a squat position, while keeping the abs tight, head up looking at your partner, the partners should be placed 6 feet apart from each other.

Use a reflex ball to makes this a challenging, but an enjoyable exercise, bounce the reflex ball between you and your partner and let the fun begin.

See how many exchanges you can complete without falling off the ball or error of catching the ball.

Progressions

Incorporate two reflex balls.

Stand on one leg.

Add two more people and see how many passes can be done with the four participants.