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## Quote of the Month

*"The world is full of willing people, some willing to work, the others willing to let them – Robert Frost*

## Did You Know?

- Sixty Seven percent of pediatricians say they do not have the time to address overweight issues with their patients and families. Twenty One percent also say time constraints prevent them from measuring body mass index. According to American Academy of Pediatrics.
- Overweight and obese children are seven times more likely than their thinner counterparts to have multiple heart disease risk factors by age 15.

## VERT Standing Press

By VERT Staff

**Objective:** to strengthen the major muscles of the upper body

**Bio-directional exercises:** traditional shoulder press and lat pull down

**Muscles Used:** Deltoids, Latissimus Dorsi, Trapezius, Biceps Brachii, Triceps Brachii

### Form:

**Foot Position:** on the balls of the feet in a staggered stance, meaning the toes of one foot should be in line with the heel of another, with feet hip width apart. Remember your knees should be soft, slightly bent.

**Hand Position:** slightly above the shoulders with wrist straight.

**Head Position:** the head should be back behind the handles with eyes focused forward and chin up to reinforce good posture.

**Hip Position:** slightly internally rotated so the individuals upper body is at a slight lean forward.

### Performing the exercise:

**Push Phase or Extension:** upon hearing the starters pistol the individual should generate POWER with the upper body, mainly using the deltoids, trapezius and triceps, in an upward movement as fast as one can. It is very important not to lock out the elbows when extending up. To perform the exercise correctly the individual should also push up to the toes to create some leverage while extending the arms up.

**Pull Phase or Retraction:** after hitting your peak position on the push phase the individual will then begin to bring the handles in a downward movement, mainly using the latissimus dorsi (which is the largest muscle in the back), and biceps, as fast as one can. Keep in mind that the individual is still generating POWER in this phase. While pulling the handles down the heels should be moving toward the ground. When the heels hit the ground the knees should be soft, slightly bent, and if the handles are not slightly above the shoulders of the individual then one should still continue to bring the handles down to that position.



According to American Journal of Clinical Nutrition.

**How this exercise relates to everyday activities:** Performing the standing press exercise makes it easier for one to close the trunk of the car, grab that can of ovaltine off the shelf, improve your game of round ball down at the park, close and open those old windows that always seem to get stuck, and for everyone to have the ability to make little Johnny or Susie a superhero when you have to lift up for them to fly.

**Key Points to Remember:**

1. Look straight ahead at all times to reinforce good posture.
  2. Never lock out your joints, knees and elbows soft.
  3. Extend arms up to maximum range without locking elbows.
  4. Retract arms down to the position where the handles are right above the shoulders and not below the shoulders.
  5. The feet should be in a staggered stance hip width apart.
  6. The exercise should be performed as fast as one can to generate POWER.
  7. BREATH! While performing the exercise.
  8. Keep in mind what muscles you are using and in what phases you are using them in.
  9. This is a strength, cardio and flexibility enhancing exercise.
- 10. Always smile and thank your wonderful trainer for putting you through such a great workout.**
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**VERT Online Nutrition Program**

- VERT has just launched it's complete online nutrition program
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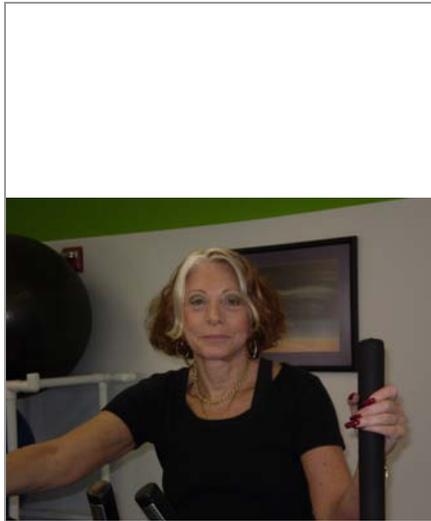
**Nutrition Consultation**

- 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 program that passes Dr. Marchetti's requirements, and we have asked him about many other programs.
- Sign up and mention

**VERT Fit Star of the Month**



**Gail Sachs**

**Occupation:** Adjunct Professor NY Inst of Technology

**Favorite VERT Exercise:** All VERT exercises and the punching bag

**Favorite Health Food:** Nuts

**Fitness Goals:** To feel stronger, more energetic and fit

**Fitness Achievement Highlight:** In 12 weeks she has reduced her **BodyAge by 6 years**. She has lost over 6 pounds of fat and put on over 2 pounds of lean body mass. As a professor you can not teach these results you have to earn them and Gail certainly has done so.

**Favorite Activity Outside of VERT:** The Health Walk at Jones Beach

**VERT Positive Impact:** "My doctor said I have the heart, lungs and muscle of a woman 10 years younger. I have achieved weight loss, sleep and mood enhancement, increased energy, lower risk of heart disease and increased bone density".

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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

- 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.
- 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.

## The Devastating Effects of Overtraining

By Philip Wolff

Are you trying to convince yourself that the more time you spend in the gym working out, the better off you'll be? If you are then think again. Excessive exercising can quickly lead to overtraining; an imbalance between training and recovery that can result in some pretty devastating effects. Overtraining occurs more readily if the individual is simultaneously exposed to physical and psychological stressors such as ongoing illness, overwork, menstruation, improper nutrition etc. It is a particular problem for dieters who engage in intense exercise while limiting their food intake.



### Symptoms of overtraining:

- Increased resting heart rate
- Decreased maximal power output
- Slower recovery after exercise
- Decreased appetite
- Decreased desire to exercise
- Increased irritability and depression
- Increased incidence of injury
- Increased incidence of infection

### How to avoid Overtraining:

- Allowing more time for the Body to Recover
- Taking a break from training
- Reducing the volume of training
- Consistently changing workouts and exercises that make up workouts
- Ensuring total calories are from a suitable food source split between Carbs, Proteins and Fats

This is why at VERT our training programs are focused on efficient safe workouts and at a max 4 hours of training over 5 days. It's crucial to maintain a healthy balance between fun, work, exercise and rest and to remember that feeling good is much more important than looking good. As always consistency, hard work and dedication to a healthy lifestyle is the best course of action.



## New York Menu Calorie Posting Legislation

The city Board of Health approved a new version of a law requiring fast-food outlets to display calorie counts on their menus, hoping the fat-filled truth will shock New Yorkers into eating healthier.

The regulation, which takes effect March 31, was altered slightly after a judge rejected the city's first attempt last year.

The new regulation applies to any chain that operates at least 15 separate outlets, including those that don't currently provide any information on calories. Major fast-food chains make up about 10 percent of the city's restaurants.

Several chains, such as McDonald's and Burger King, have the information available but don't list it on their menu boards.

"It's going to get a lot easier to make informed choices at New York City's chain restaurants this spring," said Margo Wootan, nutrition policy director for the Center for Science in the Public Interest. "We expect that many more cities, counties and states will require menu labeling once they see how easy it is for these chains to list calories on menus."



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<http://www.vertfitness.com>

The regulation affects fast-food chains because their standardized menus make it feasible to determine calorie counts.

The restaurants will be required to display calorie counts "in close proximity" to items on their menus or menu boards in letters and numbers at least as big as the name of the item or the price.

Health Commissioner Dr. Thomas Frieden said the law would strike a blow against obesity by helping consumers make informed choices.

"Today in New York City, two-thirds of adults are overweight or obese, and half of children are overweight or obese," he said. "It's a serious epidemic."

Some New Yorkers said they would ignore the calorie information if it were posted.

## Exercise of the Month – Medicine Ball Lounge

### **Medicine Ball Reach Lunge**

Grab 6-12 pound medicine ball and stand with your feet shoulder width apart. Extend the ball over your head, keeping your arms straight.



Step forward with your right leg and lower into a lunge, so your right thigh is parallel to the ground. While lunging, lower the ball in front of your chest, keeping your arms straight. Return to start, bringing the ball back over your head and repeat with your left leg to complete one rep. Continue alternating for 16 reps.



### **Medicine Ball Twisting Lunge**

Grab 6-12 pound medicine ball and stand with your feet shoulder width apart. Extend the ball straight out in front of your chest.



Step forward with your right leg and lower into a lunge, so your right thigh is parallel to the ground. Twist from your waist as far as you can to the right, keeping your arms straight. Return to start, bringing the ball back to center and repeat with your left leg to complete one rep. Continue alternating for 16 reps.

