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## Quote of the Month

*"The turning point in the process of growing up is when you discover the core of strength within you that survives all hurt" - Max Lerner*

## Did You Know?

- According to the Mayo Clinic Interval Training burns more calories than traditional forms of exercise. Interval Training provides more significant gains and exceeds levels established by traditional weight and aerobic workouts.
- A study by the Journal of the American Heart Association showed a 29% reduction in heart disease by people on the Mediterranean diet.
- Almost 58% of the world's population could be overweight

## Those Stubborn Pounds

By Brenda Hager

As trainers, we are asked on numerous occasions: "why am I not losing weight, I cut down my calories, but the scale doesn't move?" Often times, we will ask if you eat enough food, which appears to you as a crazy question. So let me explain.

If you are not consuming at least 1,200 calories per day (and even more if you are active), your body thinks it is not getting enough calories and starts to hold on to any calories and store them as fat for basic survival mechanisms. You must eat enough to maintain normal body processes.



If you are eating only one or two meals per day, or not eating on consistent, regular intervals, you may tend to overly eat at a later point. For example, if you do not eat breakfast and eat a small lunch, you are more likely to consume more calories than the body needs at once for dinner. Your body will then store the calories as fat as opposed to burning them. This will happen as your body cannot utilize an enormous amount of calories at once, and since your body does not know when it will get feed again, it will keep this for energy later and to process your normal bodily functions.

So, now you know that you must eat an adequate amount of calories in intervals to maintain a fat burning process. But, what types of foods should you choose? Imagine your plate as a pie chart and include a healthy combination of fruits, vegetables and whole grains (50 percent), lean protein (20-30 percent) and heart healthy fats (20-30 percent).

Here's how to lose a healthy and realistic pound per week:

- ✓ If you are currently eating 2,000 calories a day, subtract 500. (one good way to find out the number of calories you are consistently eating per day is to keep a food journal for a week) Now you see the logic behind the food journals!
- ✓ Now you are eating 1,500 calories per day, creating a 500 calorie deficit, which equals 3,500 calories at the end of the week. (7 x 500 calories)
- ✓ One pound is the equivalent of 3,500 calories and you have a 3,500 calorie deficit per week, thus a one pound loss of fat!
- ✓ If you repeat this for 8-12 weeks, you will have lost 8-12 pounds!



So, now you know! It appears easy in print, but losing pounds is all mathematics! Eat less calories than your body requires on a normal basis, eat enough for the body to know it can waste and burn the calories, and exercise enough to burn off extra calories and maintain a healthy lifestyle.

or obese by 2030 according to a Tulane Medical study.

- Women who did not practice restrained eating, which is the conscious effort to avoid unhealthy foods and substitute them with healthy ones, were two and a half times more likely to gain weight. According to a Brigham Young University study.

## VERT Physical Therapy & Rehab

- Come in and learn about injury prevention

## Massage Therapy & Holistic Services at VERT

- We are glad to welcome Yamil Sarabia as her company Healthy Living Therapeutic Spa will be providing massage services on-site at VERT
- She is offering \$15 off your first massage - 30, 50, or 80 minute session. Also VERT members will receive 10% off all future sessions
- Contact our front desk to make appointments or for details

## Nutrition Consultation

- Be sure to take advantage of a free initial nutritional consultation with our new nutritional consultant Leslie Berezow – Ask us for details

## VERT Fit Star of the Month



### Sam Gertler

**Occupation:** Student

**Favorite VERT Exercise:** Decline Press – Back to Back

**Active on Teams for:** Hockey, Basketball, and Volleyball

**Fitness Achievement Highlight:** Sam's performance has improved **49% on Jump Squats, 47% on Standing Press, 42% on Decline Press, 40% on Bench Press, and 56% on Squats.** School is out and the results are in as this student gets all A's.

**Impression of VERT:** "I enjoy the personalized training and encouraging words of the trainers".

**VERT Positive Impact:** "My recovery rate has improved drastically which allows me to play sports better. VERT has enhanced my reflexes and vertical leap".

## Stress is Sabotaging Your Diet Success

By Lucy Danziger, Self Magazine, March 2009

If there's one thing that gets in the way of you being your healthiest, it's stress. For anyone who's found themselves standing in front of the freezer inhaling spoonfuls of Coffee Heath Bar Crunch ice cream (not my real name!) to avoid finishing a project, or waking up three times in the wee hours of the night in anticipation of a difficult conversation, here's some not-so-shocking news: Research shows that anxiety can make you sleep fewer hours, get sick more often, remember less, become more prone to long-term disease and—as if you needed reminding—eat more. No wonder up to 90 percent of doctor visits are for stress-related complaints, a fact that I suspect too many of you know firsthand (though you experience it as GI distress, back pain, a headache or other physical symptom).



In a recent Self.com poll, 85 percent of women said that worries interfere with their ability to catch zzz's, while 71 percent say they're more irritable due to stress. And given the recent headlines about the state of our economy, it's not surprising that 52 percent of women say they are under considerably more stress than they were six months ago.

Grim, yes, but there IS hope. Just as our bodies are wired to react to stress, we're all also programmed to know how to wind down, whether it's by watching a funny movie, sitting in the sauna, sipping some chamomile tea (while dunking a cookie, of course!) or drinking a glass (or two) of wine with dinner. These activities switch on the brain's pleasure centers, blocking the production of the stress hormone cortisol and churning out happiness-inducing chemicals like serotonin instead.

When I feel a tightening in my back or neck coming on, I cope by doing things I love, like going for a long, slow run in the park with my dog. Try a few of these instant soothers, and watch your own stress go from ARGH! to Ahhh.

## VERT Online Nutrition Program

- Please ask us for details to get started with this FREE service for our clients

## 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.

## 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

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# VERT Exercise of the Month – Bosu Roll-Down PushUp

## Setup

- Start in an athletic position, feet shoulder width apart, knees slightly bent standing on a Bosu ball.



## Movement



- Proceed into a deep Squat keeping your hips internally rotate and your back straight.
- When you have completed the deep squat place your hands on the ground and walk them out to a plank/push up position. Make sure your toes are still on the Bosu ball.



- Complete a full push-up and then to finish the exercise walk your hands back to squat position.
- The most important action in this push-up position is to make sure you are bracing the abdominals and keeping a slight pike or bend in the hips to keep form dropping or sagging toward the floor.
- To finish this exercise return to your standing position on the Bosu ball.

## Progressions

- Perform multiple reps of the push-up.
- Adding a leg "pulse", a slight hop of the feet off the Bosu ball in the push-up position.
- Performing a one legged squat
- Performing a push-up with one leg in the air incorporating spinal extension.