



February Newsletter

February 9, 2009

Volume 3, Number 2

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Quote of the Month

"Only he who can see the invisible can do the impossible" – Frank L. Gaines

Did You Know?

- According to a recent John Hopkins study people with Type 2 diabetes are able to improve their health related quality of life by getting fit and not just losing weight. Cardio fitness was strongly associated with quality of life. Incorporating physical activity into a daily routine allowed them to feel better and reduce risk of cardio disease.
- More than 24 million people or 8 percent of the U.S. Population has diabetes. Another 57 million people are estimated to have pre-diabetes. 25% of people do not know they have diabetes.

1st Annual VERT Bowl Championship Summary

By Brenda Hager

The Championship for our 1st Annual VERT Bowl took place Saturday, January 24th in a face to face dual between the JETS and STEELERS. Both teams had great representation, put on competitive faces and battled fiercely until the end!



In order to become Champion, both teams tried to accumulate the most points head to head in 10 events. The following were the events that took place:

Team Decline (3 min)	Pushups – max number (no time limit)
Team Jumpsquats (3 min)	Body Squats – on Bosu holding a ball shoulder height in 1 hand
Team Bench (3 min)	Situps – elbows to knees, max in 60 seconds
Ball Relay	Plank – max time
Obstacle Relay	Scifit – Iso for 3 minutes for most calories

And, what a battle it was, with many events extremely close. When the Jets won the Rep count, the Steelers would win the Workload, while the Jets won most of the Functional events, the Steelers came ahead in the Relays. The Ball Relay was seconds off and the Obstacle Relay was won by a second! Jets 7:18:13 and Steelers 7:17:13!!!

Performance on each team was outstanding, each player contributed to increasing their team's score significantly. The Jets' and Steelers' coaches, as well as the rest of the VERT Staff, were highly impressed by some of the results, especially when over half of the participants did at least 50 pushups!!!

In the end, the Steelers came out ahead, but by **ONLY** 20 TOTAL Points!!!!

Congratulations to the STEELERS!!!

Once again, the entire VERT Staff wants to thank every member for participating in the VERT Bowl enthusiastically and competitively determined to be the best you could be at every workout session. VERT appreciates all of our members and continues to strive to improve your workout, your total experience and ultimately, your lasting results. In the near future months, we will be changing up your workouts in order to help you achieve the best you can be! Have fun and enjoy!



- According to the American College of Sports Medicine thirty minutes of brisk walking at 50% of maximum heart rate was shown to reduce blood pressure.

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 Online

VERT Fit Star of the Month



Thomas Milana

Occupation: President & CEO of TrakAmerica

Favorite VERT Exercise: Standing Press

Favorite Health Food: Protein Shakes

Fitness Goals: To lose weight and get in shape

Fitness Achievement Highlight: Tom has lost **33 pounds of fat** and gained **23 pounds of lean muscle**. Overall he has lost **12% of his body fat** and according to his Bodyage he is **seven years younger**. Tom sure does claim and track these results and nobody disputes that he looks great.

Impression of VERT: "All the trainers are great and very motivating. Dollar for dollar it doesn't compare to any other type of personal training. Having an appointment makes me show up and keeps me motivated".

VERT Positive Impact: "My wife said I look fabulous".

VERT Exercise of the Month – Seated Lat-Pull Down

Setup

- Seated on a bench or exercise ball, holding the upper body with strong posture, head looking straight, shoulder's back.
- In the seated position your feet should be out far enough that your heels are under the knees.

Movement

- Holding the Lat Pull down bar with a grip slightly wider than your shoulders. Begin to move the bar down towards your chest and concentrate on having your elbows back



toward your shoulder blades.

- You should be exhaling while pulling the bar down.
- Always keep your core engaged.

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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Purpose

- To strengthen the latissimus dorsi, rhomboids, biceps brachi, erector spinae and the mid trapezius.
- The lat pull down is a very good foundation exercise to help strengthen one's ability to do pull ups properly.
- This exercise also helps to create good posture and prevent internal rotation of the shoulders creating a rounded back which can lead to many back issues.

Progressions or Variations

- Here at VERT we start all of you at the first progression in having you perform the exercise without the traditional leg pads to hold yourself at the proper alignment. Performing the exercise without these forces one to use the core more efficiently in order to keep proper alignment.
- Besides having you sit on an exercise ball or bench, you can also sit or kneel on the floor. From there one can sit or kneel on an unstable surface like the Bosu ball or the Versa discs that we have here at the center.
- Another Progression is having one perform the lat pull down with two separate handles like on our Keiser machines. With this variation we can isolate our dominate side and our non dominate side.
- A variation of this exercise is the straight arm lat pull down. In this variation you would be performing the exercise standing and pulling the bar back without bending your elbows. What this does is incorporate the triceps instead of the biceps. It still strengthens the same back muscles.

