

In This Issue

- New Physical Activity Guidelines
- VERT Fit Star of the Month
- VERT Bowl Season Standings

Quote of the Month

"If you train hard, you'll not only be hard, you'll be hard to beat".
 – Herschel Walker (Pro-Football Player and VERT client)

Did You Know?

- Ninety Two percent of people in Burlington, VT, claim to be in good or great health. Burlington was named the healthiest city in America.
- According to Marcella School of Nursing many people in winter experience a decrease in vitamin D levels mainly due to lack of sunlight exposure. This may be a culprit in heart disease, high blood pressure, and metabolic syndrome. You can look into taking supplements in winter.
- The activity level of children drops sharply between ages

New Physical Activity Guidelines

By Hilary Wright, M.E.D., R.D.

Whether you love it or hate it, chances are you know that physical activity is a critical part of a healthy lifestyle. But despite being fully aware of its benefits, Americans have shown little increase in activity levels in the past decade, according to surveys. This, plus mounting concern over the growing obesity epidemic and its associated health risks (and costs), has triggered the U.S. government to rethink how it conveys the importance of physical activity to overall health.



As a result, October 2008, the U.S. Department of Health & Human Services (HHS) issued the government's first-ever Physical Activity Guidelines for Americans, outlining exactly how much and what kinds of activity are needed to help Americans control their weight and reduce their risk of major health problems, such as cardiovascular disease, metabolic syndrome, diabetes and some cancers.

The guidelines are designed to complement the Dietary Guidelines, which are issued every five years; the next update is due in 2010.

The Science Behind the Guidelines. A panel of experts reviewed thousand of studies on the effects of physical activity on health. Plenty of them affirmed the benefits of physical activity for people of all ages and abilities, enabling recommendations for three age groups: (1) Children and Adolescents, (2) Adults and (3) Older Adults. Persons with disabilities were included in the groups.

Because baseline activity levels of daily life vary so much among individuals, the recommendations focus on what the committee dubs "health-enhancing activities," which, when added to the activities of everyday life, improve your health. Examples of health-enhancing activities are brisk walking, jogging, swimming, dancing, lifting weights and yoga.

The advisory committee identified four categories of personal activity:

- ✓ **Inactive** (no activity beyond baseline daily activities);
- ✓ **Low** (beyond baseline, but less than 150 minutes a week);
- ✓ **Medium** (150 to 300 minutes a week);
- ✓ **High** (more than 300 minutes a week).

What to Aim For. Research suggest the "sweet spot" for health benefits is 150 minutes a week of moderate-intensity aerobic activity (e.g. brisk walking) or 75 minutes of vigorous-intensity activity (e.g. jogging or swimming laps). Any additional activity is a bonus, as research shows that benefits keep accruing as activity increases. That means no more excuses of not having enough time, if you have 10 minutes you can add to your total by walking around the block, climbing stairs or even jogging in place.

The guidelines also encourage strengthening activities at least two days a week to increase and preserve bone and muscle.

nine and 15, when most fail to reach the daily recommended level of 60 minutes of moderate to vigorous physical activity. This according to the Journal of American Medical Association, June 2008.

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, 60, or 90 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

What About Weight Loss? Here's where a dose of reality comes into play. The new guidelines acknowledge that more activity is needed for weight loss. For many people, achieving weight loss, and preventing regain, requires 300 minutes a week or more of moderate activity.

How to Accrue Minutes. Now, to figure out how to piece together enough time in ways that work for you. Face it, if you don't enjoy the activity, you won't do it. Check out the following examples of how to rack up enough activity to make a difference.



To Maintain Weight

For 150 minutes of moderate activity and strengthening weekly:

- ❖ 30 minutes of brisk walking five days + resistance bands on two days **OR**
- ❖ 30 minutes of stationary bike or elliptical on two days + 60 minutes of dancing one evening + 30 minutes lawn mowing one day + heavy gardening on two days.

For 75 minutes of vigorous activity and strengthening weekly:

- ❖ 60 minutes of aerobic dance on one day + 15 minutes lap swimming on one day + weights on two days **OR**
- ❖ 25 minutes fast bicycling on one day + 25 minutes jogging on two days + weight machines on two days.

To Lose Weight or Prevent Regain

For 300 minutes of moderate activity and strengthening weekly:

- ❖ 45 minutes of brisk walking each day of week + resistance bands on two days **OR**
- ❖ 45 minutes of stationary bike on two days + 30 minutes of water aerobics on one day + 30 minutes of bicycling on two days + 60 minutes of general gardening on one day + 30 minutes of brick walking on two days + resistance bands on two days.

For 150 minutes of vigorous activity and strengthening weekly:

- ❖ 30 minutes of aerobic dance on three nights + 60 minutes of singles tennis on one day + weights machines on two days **OR**
- ❖ 20 minutes of jogging on three days + 30 minutes of fast cycling on one day + 60 minutes of hiking on one day + weight bearing calisthenics on two days.

Other Benefits. Beyond positive health effects, the new guidelines cite additional quality of life reasons to up your activity, including less depression, improved body self-image and enjoyment of the outdoors. The research also concludes that for most people, the benefits far outweigh any potential risks, particularly if activities are varied to avoid overuse injuries, but anyone with health concerns should check with their doctor first.

Key Physical Activity Guidelines for All Adults

- ❖ Avoid inactivity. Any activity is better than none. Even a 10-minute chunk of activity accrues benefits.
- ❖ Aim for at least 150 minutes of moderate or 75 minutes of vigorous aerobic activity per week, for substantial health benefits. Spread aerobic activity as evenly as possible over the week to reduce risk of injury.
- ❖ Exercise beyond the minimum to gain additional benefits, including weight loss. Aim for 300 minutes of moderate activity or 150 minutes of vigorous activity per week.
- ❖ Include muscle-strengthening activities at moderate or high intensity that involve all the major muscle groups, two or more times a week to get health benefits you cannot get from aerobic exercise.
- ❖ Aim to be as active as circumstances allow; that includes older and disabled adults who cannot accrue 150 minutes of moderate activity a week.



Nutrition Program

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

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

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.

Best of all VERT more than meets all of these requirements in a much more time efficient and effective manner.

VERT Fit Star of the Month



Mariann Reis

Occupation: Manager of Restoration Company

Favorite VERT Exercise: VERT Jump Squats and Planks

Favorite Health Food: Salad and fish

Fitness Goals: To stay in shape and ahead of mother nature's time clock

Fitness Achievement Highlight: Mariann's lower body power production has **improved over 25% as it has increased from 233 average watts to 296 average watts.** Also her upper body power production has **improved almost 30% as it has increased from 242 average watts to 308 average watts.** She does not need any restoration just admiration.

Impression of VERT: "It is unlike any other workout. You get results in half the time. You feel great during and after workouts".

VERT Positive Impact: "A morale booster working out and keeping up with people half my age. Gives a sense of accomplishment and confidence with other aspects of my life".

The Truth About Diet Soda

By David Zinczenko, Men's Health Magazine, Dec. 2008

We talk a lot about "watching what we eat," but if you never gave a thought to what you ate and instead watched only what you drank, you could probably cut 450 calories a day out of your life. (Yes, nearly a pound of fat loss a week!) That's what a study from the University of North Carolina found. Americans today drink about 192 gallons of liquid a year—or about 2 liters a day. To put it into perspective, this is nearly twice as many calories as we did 30 years ago.

When confronted with the growing tide of calories from sweetened beverages, the first response is, "Why not just drink diet soda?" Well, for a few reasons:

Just because diet soda is low in calories doesn't mean it can't lead to weight gain.

It may have only 5 or fewer calories per serving, but emerging research suggests that consuming sugary-tasting beverages—even if they're artificially sweetened—may lead to a high preference for sweetness overall. That means sweeter (and more caloric) cereal, bread, dessert—everything.



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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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<http://www.vertfitness.com>

Guzzling these drinks all day long forces out the healthy beverages you need.

Diet soda is 100 percent nutrition-free, and again, it's just as important to actively drink the good stuff as it is to avoid that bad stuff. So one diet soda a day is fine, but if you're downing five or six cans, that means you're limiting your intake of healthful beverages, particularly water and tea.

There remain some concerns over aspartame, the low-calorie chemical used to give diet sodas their flavor.

Aspartame is 180 times sweeter than sugar, and some animal research has linked consumption of high amounts of the sweetener to brain tumors and lymphoma in rodents. The FDA maintains that the sweetener is safe, but reported side effects include dizziness, headaches, diarrhea, memory loss, and mood changes. Bottom line: Diet soda does you no good, and it might just be doing you wrong.

The best way to hydrate is by drinking low-calorie, high-nutrient fluids—and avoiding belt-busting beverages.



VERT Bowl Season Standings

By Brenda Hager

Well, just as the 2008 year has passed us by so quickly, so has the 1st Annual VERT Bowl. The 12 week competitive season was finalized the last week of December, and playoffs will begin the first week of January.



When the VERT Bowl started, we thought it would be a great way to spice up member's workout with some competitive events with other members, and competition with yourself. Boy, did we underestimate the competitive juices that flow through our doors everyday! The past three months has brought out energy, enthusiasm, strength and mind-over-body endurance. We are proud to see all of our members succeed to higher levels of endurance (with 20 second timed sets) and workloads of resistance that are now mile markers of your success. But, just when you thought it was over..... Playoffs begin!

The Playoff Schedule will begin January 5th with the following order:

Week 1 – 1st Place (Steelers) vs. 6th Place (Panthers)
 2nd Place (Jets) vs. 5th Place (Cowboys)
 3rd Place (Bucs) vs. 4th Place (Giants)

Week 2 – Semifinals

Highest point total out of the three winners automatically gets a bye to the VERT BOWL. The two other winners will face each other for a chance to play in the VERT BOWL.

VERT BOWL #1

The bye winner and the semifinal winner will have a final 10 event game at the VERT center. The date for the VERT Bowl is Saturday, January 24th starting at 2 pm. Spectators are welcome.

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. VERT appreciates all of our members and continues to strive to improve your workout, your total experience and ultimately, your lasting results.