

## In This Issue

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## Quote of the Month

*"Fall Seven Times, Stand Up Eight" – Japanese Proverb*

## Did You Know?

- Eighty Five Percent of people do not know how many calories they should eat every day according to the International Food Information Council.
- Most people only get half the potassium they need each day. Bananas are a great source of potassium.
- Harvard researchers revealed that people who slept five or fewer hours a night had a 39 percent greater risk for heart disease compared to people who had eight hours of sleep.
- Women did you know that the same hormones that prevent pregnancy with birth control may also make your blood vessels less

## The Worst 'Healthy' Foods in the Supermarket

By David Zinczenko and Matt Goulding – Men's Health

If there's one lesson to learn from the supermarket, it's that the front of the package never tells the whole story. When researching the Eat This, Not That! Supermarket Survival Guide, we spent a lot of time investigating the pantries of average Americans. What we found inside the cupboards and refrigerator doors were foods rich with the healthy buzzwords of the day: multigrain bread, fat-free yogurt, and all-natural granola. While these might seem like the virtuous foods you should be bringing home to your family, many of these are the exact foods that are silently sabotaging the diets and expanding the waistlines of millions of Americans each year.



Here's the good news: By hunting down just three health food imposters cluttering your cabinets and ice boxes and replacing them with truly nutritious foods, you could lose over 25 pounds this year alone—without changing any of your other eating habits, or going on a diet! We've highlighted 8 of the worst not-so-healthy health foods in the supermarket and supplied you with a list of first-class foods you should be eating instead.

### Worst "Healthy" Pastry

Pop-Tarts Whole Grain Brown Sugar Cinnamon (2 pastries)  
 400 calories  
 14 g fat (4 g saturated)  
 5 g fiber  
 28 g sugars

Whole grain ain't the whole truth. There's also a glut of vegetable oil and seven types of sugar stuffed inside. In this case, the costs definitely outweigh the benefits.

### Eat This Instead!

Sun-Maid Raisin English Muffins with Cinnamon  
 170 calories  
 0.5 g fat (0 g saturated)  
 2 g fiber  
 13 g sugars

### Worst Frozen "Healthy" Entree

Healthy Choice Complete Selections Sweet & Sour Chicken (340 g)  
 430 calories  
 9 g fat (1 g saturated)  
 600 mg sodium  
 29 g sugars

Why would fried chicken cloaked in sugar ever be considered the "healthy choice"? In fact, this one frozen chicken entrée has as much sugar as you'd find in two scoops of Breyers Reese's Peanut Butter cup ice cream.

flexible and raise your blood pressure.

## VERT Physical Therapy & Rehab

- Come in and learn about injury prevention

## New VERT Classes

- We are pleased to welcome Randi Chenkin, Fitness Personality, as we host Randirobics™
- Initial adult classes to be offered are Low Impact High Intensity, Stretch & Relaxation
- She will also be hosting a fantastic kids aerobics class for ages 5-8
- Special pricing for VERT clients and introductory pricing for non VERT clients so bring a friend
- Please contact the front desk 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 Nutrition Program

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

Eat This Instead!

Kashi Southwest Style Chicken

240 calories

5 g fat (0 g saturated)

680 mg sodium

### Worst Yogurt

Yoplait 99% Fat Free Cherry Orchard (1 container, 170 g)

170 calories

1.5 g fat (1 g saturated)

27 g sugars

5 g protein

Think those 27 grams of sugars come from the cherries? Think again: After milk, sugar is the first ingredient on this list. And there's as much of it in there as you'll find in two scoops of Breyer's All Natural Mint Chocolate Chip ice cream. Go Greek instead; Stonyfield skims their line of Oikos yogurts of the watery whey, leaving you with a cup of ultra creamy yogurt that packs less than half the sugar and three times the protein of the Yoplait disappointment.



Eat This Instead!

Oikos Organic Vanilla Greek Yogurt

110 calories

0 g fat

11 g sugars

15 g protein

### Worst "Healthy" Bread

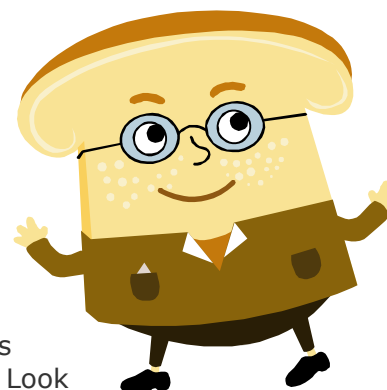
Arnold Whole Grains Health Nut (2 slices, 86 g)

240 calories

4 g fat (0 g saturated)

4 g fiber

Don't fall for the label braggadocio. For as calorie-dense as this bread is, there's just not enough fiber to justify it in your diet. Look for this unsuspecting potato bread, instead, which is one of the best loaves on the shelf. In addition to a boast-worthy fiber load that doubles that of the Health Nut, it also packs an impressive 12 grams of protein.



Eat This Instead!

Martin's 100% Whole Wheat Potato Bread (2 slices, 70 g)

140 calories

2 g fat (0 g saturated)

8 g fiber

### Worst Cereal

Quaker 100% Natural Granola, Oats, Honey & Raisins (1 cup)

420 calories

12 g fat (7 g saturated)

6 g fiber

30 g sugars

For the record, granola, for all its reputation as a beacon of breakfast virtue, is one of the worst ways to start your day. That's because it takes an awful lot of sugar to keep those clusters glued together, making a single cup as sweet as two bowls of Cocoa Pebbles and as calorie-dense as 8 chicken wings. Even scarier, with the Cocoa Pebbles, you'd get more fiber and save about 60 calories in fat. Go one step further and swap the Granola for Kashi GoLean. Do this every day this year and you'll save 29 pounds!

## 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

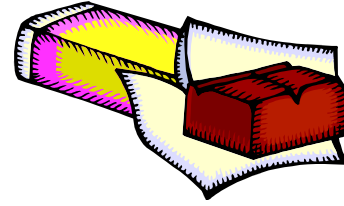
- Remember to take advantage of the VERT referral program and receive 1-4 weeks of free training for anyone that signs up based upon their package.

Eat This Instead!  
Kashi GOLEAN (1 cup)  
140 calories  
1 g fat (0 g saturated)  
10 g fiber

### Worst Snack Bar

Kellogg's Nutri-Grain Raspberry Cereal Bar (1 bar)  
140 calories  
3 g fat (0.5 g saturated)  
13 g sugars  
2 g fiber

You'd think these Kellogg's breakfast bars were the healthiest food on the planet. Too bad the very first ingredient is high-fructose corn syrup. That's right, most of that delicious fruity goodness is actually synthesized sugar. Not all Nutri-Grain products are equally unsavory, however. Choose the Nutri-Grain Cranberry, Raisin & Peanut bars and at least you'll be getting a dose of healthy nuts and real fruit.



Eat This Instead!  
Kellogg's Nutri-Grain Cranberry, Raisin & Peanut fruit and nut bar (1 bar)  
120 calories  
3.5 g fat (1 g saturated)  
11 g sugars  
3 g fiber

### Worst Butter Substitute

I Can't Believe It's Not Butter! Original (1 Tbsp, 14 g)  
90 calories  
10 g fat (2 g saturated, 2.5 g trans)  
90 mg sodium

Stick margarine is the absolute worst. To make it solid, it has to be stabilized with partially hydrogenated oils, the source of [trans fat](#). What unsuspecting slatherers are left with is a single tablespoon of yellow goop that contains more than a full day's worth of a fat that's been proven to increase your risk of cardiovascular disease. Stick with real butter instead; Organic Valley Whipped Butter has just two ingredients: sweet cream and salt.

Eat This Instead!  
Organic Valley Whipped Butter (1 Tbsp)  
50 calories  
6 g fat (3.5 g saturated)  
40 mg sodium

### Worst Juice

V8 Splash Mango Peach (8 fl oz)  
80 calories  
0 g fat  
18 g sugars

This juice is closer to Coke than regular V8. The first two ingredients are water and high-fructose corn syrup, and it contains only 10% juice. Go for the real deal instead; the V-Fusion Light will provide you with a full serving of fruits and vegetables for nearly half the calories and sugar.

Drink This Instead!  
V8 V-Fusion Light Peach Mango (8 fl oz)  
50 calories  
0 g fat, 10 g sugars

What you drink can make an enormous difference in how many calories you consume every day.



## Contact Us

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## VERT Fit Star of the Month



### Seth Plancher

**Occupation:** OBGYN and iPhone Application Developer

**Favorite VERT Exercise:** Work Decline Press

**Health Food:** Sprouted Grain Granola

**Fitness Achievement Highlight:** Seth's actual age is 46 but with VERT training **he has lowered his BodyAge to be an even younger 36.** His performance has improved **37% on Standing Press, 41% on Leg Press, and 43% on Decline Press.** He is used to great deliveries and this time he delivered himself great results.

**Impression of VERT:** "VERT has changed my life. I have joined gyms before but nothing is like VERT".

**VERT Positive Impact:** "How great I feel when I complete my workout and I feel renewed and set for the day".

## Tune Into Your Body

By Jillian Michaels

Your body is trying to tell you something, but you're just not listening! To win at the weight-loss game, you've got to make some changes. One of the most important ones is to stop listening to anything but your body to establish a realistic weight for your specific build. Forget about what you see and hear from pop-culture sources.



Another thing not to rely on is the body mass index (BMI), which determines the amount of fat you have on your body according to your weight and height. Here's why you're not going to use it: It fails to distinguish between fat and muscle, so the BMI will ultimately give you an incomplete sense of the shape you're in.

Today, the medical industry has set its weight guidelines according to the waist-to-hip-ratio method, which is a much more accurate way of arriving at an ideal goal weight. Follow these steps to find yours:

- Get a tape measure and measure your waist right at the belly-button line.
- Standing with feet hip-width apart, measure your hips at their widest point.
- Now simply divide your waist measurement by your hip measurement. This is your waist-to-hip ratio.

The ideal waist-to-hip ratios are 0.80 for women and 0.95 for men.