



April Newsletter

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Quote of the Month

- "Health is the thing that makes you feel that now is the best time of year".
- Franklin P. Adams

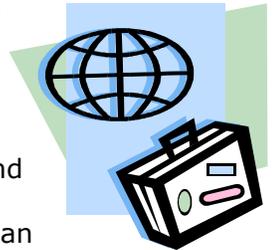
Did You Know?

- Obese men have lower levels of a protein used to screen for prostate cancer.
- This is likely why overweight men are typically diagnosed only when their disease is more advanced.
- After exercising one pound of fat burns 2 calories while muscle will burn 50 calories

Fitness Tips for Travel

Arthur Zanelli & Phillip Wolf

One of the most common questions that practitioners in the fitness field are asked is what people should do when they are away from the gym or are unable to get to a gym while traveling. Summer is approaching quickly, and with it, many of us will be taking advantage of the warmer weather and time off to get away from the area. Whether we travel abroad for weeks at a time, or have weekend homes out East, upstate, or down at the shore, keeping fit can be a challenge. This is particularly true for our clientele here at VERT; it can be difficult to replicate the intensity of the training sessions here. However, by adjusting one's expectations, you can aim to maintain your fitness level, and at the very least keep in the habit of exercising. Do not limit yourself to a particular exercise or piece of equipment. Instead, broaden your outlook by thinking in terms of *movements* rather than specific *exercises*.



To achieve this, think in terms of muscles and joints. Do not reduce yourself to body parts such as chest, back, arms, legs, abdominals, and lower back. Do you know which muscles are located in each region of the body? Do you know which joints are surrounded by these muscles? Such as wrist, elbow, shoulder, hip, knee, and ankle. Gaining this type of knowledge will increase the benefits of exercise dramatically. You can think of exercise in terms of movement. Remember that all the exercises you do are simply motions that the body does naturally on its own; no equipment, no dumbbells, no bands. What fitness equipment does is simply add resistance and increase the intensity to the body's normal movements. This increased intensity gets us into better shape.

Here is a quick, helpful lesson in kinesiology. A joint is the meeting of two or more bones. There are a few different types of joints in the body that are categorized by the degree to which they can move. Your ankle is a joint, not a bone. Therefore, you cannot fracture or break it. You can fracture or break any of the bones that connect at the ankle; you can dislocate the ankle. You would much rather break a bone than dislocate a joint, if you had a choice. The job of your muscles is to move the joints. A muscle can only shorten, or contract, towards its own middle- a *concentric* contraction. A muscle can never be actively lengthened by you. It can be lengthened by an external resistance sufficient to overcome the force it exerts. However, this is what happens as you lower the resistance in a typical weight training session. The muscle is trying to shorten but you are not applying enough resistance to prevent the weight from being lowered. It is this *eccentric* contraction that results in the severe muscle soreness you feel after free weight training. At VERT we work the concentric phase with the VERT machines, limiting your soreness. So, be prepared to be a bit sore when training away from here.

Why the lesson? Think about which muscle, or preferably, multiple muscles, you would like to work. What joint does it move? If you can apply this lesson, you lift the restrictions on your ability to train.

Let us take a look at the worst case scenario while you are traveling and develop a plan for exercise- no gym, no equipment. First, a little planning and a slight expenditure on your part can alleviate this. Surely, one can pay a guest fee at a hotel gym. Think simpler and cost effective, as well as less space consuming- both in your luggage, your car, and your home/hotel room when traveling. With just a few light dumbbells, medicine balls, or even better for hotel stays, resistance bands, can do the trick. An even more readily accessible source of resistance is... your body and its weight.

Here is the minimalist approach to VERT style resistance training. You will perform

VERT "Winning the Mind Game of Golf" Event

April 18 7:30 PM

- Be our guest and invite friends and your own clients to the amazing event
- Dr. Dan Schaefer, world recognized sports psychologist, will show you how to take strokes off your game

VERT Charity Events

Crossways Corporate Challenge – June 10

- Benefits Eve Foundation (Domestic Violence), Special Olympics, SK Children Charities
- VERT is looking to sponsor two teams so sign up in the center
- Fun event and great goal to train for
- Relay – Run & Bike – Separate Walk-a-thon

VERT Physical Therapy & Rehab

- Come in and learn about injury prevention

Nutrition Consultation

- Dr. Peter Marchetti has implemented a new program offering to our clients. He will provide you consultations focused on realistic diet options and choices while reviewing personal food logs.

eight to ten exercises. Half will be primarily upper body, half will be primarily lower body. You will perform each exercise for between 20 and 40 seconds (sorry, one more expense- a stopwatch or a watch with a second hand). Your rest will be from 20 to 40 seconds. Move as quickly as you can; this will ensure the cardiovascular component of the session, i.e. getting your heart rate up. You may shorten the activity to 10-15 seconds, but only if you add activity to the "rest" period. Of course, at VERT, rest only means doing something different from resistance exercise. You all know some basic drills- varying jumping jacks, jumping rope (okay, another expense), running in place, various types of hopping, squat thrusts, and "mountain climber". Do each circuit two or three times, with 3-5 minutes rest in between them. Same VERT "rest" principle applies now, with some form of consistent movement- think obstacle courses, running around things, jumping over objects, throwing objects, wrestle with your significant other(Keep it clean... although there could be an argument for increased motivation and core work). Finish up with some core work and stretching. A sample routine:



DAY ONE

Resistance Training

DAY THREE

Resistance Training

DAY FIVE

Resistance Training

RESISTANCE TRAINING

Warm-up: 3-5 minutes of moderate intensity activity(jogging in place, jumping jacks)

Stretch: Dynamic Stretches(you better know these by now, or else)

Resistance Training: alternate between each column



UPPER BODY

Push-ups
Body Rows
Dips
Upper Body Combo

REST

Jumping Jacks
Mountain Climber
Sprint/Jog in place
Squat Thrusts

LOWER BODY

Wall Squats or Body Weight Squats
Hip/Thigh Extension
Jump Squats
Lunges

BETWEEN CIRCUITS:

1. High-knee running (20 seconds), high-heel running (20 seconds), side shuffling (20 seconds). Repeat 3X
2. Lateral leaps (20 seconds), forward/backward leap (20 seconds), knee-tuck jump towards chest (20 seconds). Repeat 3X.
3. Side shuffle (20 seconds), crossover shuffle (20 seconds), carioca shuffle (20 seconds)

CORE (30 seconds each): crunches, bridges, adduction (towel between knees), clamshells, reverse crunches, Supermans, Russian/Torso Twists, alternate arm/leg raises, planks.

Stay focused, motivated and of course just like VERT add in an element of fun!!



Got Milk?

Recent studies tout Chocolate Milk as an effective recovery fluid. It is believed the combination of amino acids & carbs helps to stimulate the synthesis of muscle protein. Just watch those added calories!!

- Each consultation will be thirty minutes for \$30.
- This differs from his previous consultations that were focused more on very in-depth medical/science reviews and supplements.
- As always your first consultation is complimentary.

Nutropia

- Kevin Update – Since 1/15 he has already lost **26** pounds and loves the food and is never hungry.
- Nutritious Gourmet food delivered fresh daily (never frozen)
- 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 get 40 days of food (3 meals 2 snacks per day) for only \$29.99 per day.
- Ask us for more details in the center

VERT Fit Star of the Month



Peter Alongi

Occupation: Regional Manager of CitiGroup

Favorite VERT Exercise: Decline Press

Favorite Health Food: Fruit

Fitness Goals: Lose body fat, build stamina, increase overall flexibility and strength

Fitness Achievement Highlight: In only 8 weeks he lost **14 pounds** of fat and gained **17 pounds** of lean body mass. Also wish him Happy Birthday as his BodyAge is **5 years** Younger. He has taken **2 inches** off of his waist, increased strength and stamina. Can you say **WOW, this is phenomenal!!**

VERT Compared to Past Training: "There is NO comparison. I have worked out on and off for 15 years and by far there is nothing that compares to the VERT workout".

Hobbies: Golf and Tennis

Fun Fact: He is right handed in everything he does, except for Golf. Keep in mind VERT will help you to become more ambidextrous.

How to Create an Ergonomic Workstation

Marco Palermo DPT

An ergonomic work chair and an adjustable keyboard tray are the building blocks of an ergonomic workstation. Does your chair fit? Is your keyboard properly placed? If not, you might consider replacing them, or augmenting them with supplemental items like a footrest, monitor arm and mouse tray. Monitor placement and workplace lighting are also important. Use the following guidelines to evaluate your workstation.



Your Chair

First, adjust the height of the seat so that the work surface is elbow high. Place feet on the floor. Thighs should be parallel to floor, with the backs of the knees slightly higher than the seat, or knees level with your hips. If your chair doesn't allow for this, you might consider a footrest. An apple should fit between the back of your calf and the front of the seat edge. Armrests should support both forearms and slide under work surfaces when not in use. The backrest should push your lower back forward slightly and the seat of your chair should have a rounded, "waterfall" edge. If your seat doesn't meet these criteria, maybe you need an ergonomic office chair!

Your Keyboard & Mouse

To avoid carpal tunnel syndrome, tendonitis, and plain old fatigue, forearms, wrists and hands should be straight and parallel to the floor. The keyboard should be close enough so you don't have to reach for it. If you have your keyboard on your desk, we highly recommend moving it onto a keyboard tray, to bring your forearms parallel with the floor. Same for the mouse. You shouldn't have to reach up or too far to the side. A mouse tray works wonders.

Your Monitor

Functional Fun at VERT



Arbonne

- 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.

Reach out and touch your monitor. Ideally, you will graze the monitor with your fingertips. Then, close your eyes and relax. Where you first gaze when you open your eyes is the place to put the center of your screen. Usually, the top border of your monitor screen will be level with your eyes. A monitor arm is indispensable for positioning your monitor

Your Lighting

Adjust your shades, or reposition your entire workstation, to avoid the reflection of light on your computer monitor screen. Even a slight glare can cause eye tension and twisting in the neck and back as you try to view the monitor from another less painful angle. If you have less than complete control over the lighting in your office, consider an anti-glare screen.

Exciting News – New VERT Services

Join us in welcoming Tamie and Advanced Acupuncture of LI as they will be offering Massage Therapy and Acupuncture as part of the VERT center.

Massage Therapy

Tamie has quite a following and reputation for providing high quality massage therapy that is instantly beneficial. She provides:



- Medical Massage
- Sports Massage
- Deep Tissue Massage

Best of all VERT fitness clients are entitled to one complimentary 15 Minute massage as well as a 20% discount on all future massage services. So schedule your medical massage and you are sure to be invigorated!!

Acupuncture

Join us in welcoming Advanced Acupuncture of LI to the VERT center. Unique services offerings are available such as:

- All Aspects of Acupuncture
- Acupuncture Fertility
- Allergy Elimination
- **New State of the Art Cold Laser Acupuncture for:**
 - Quit Smoking
 - Weight Loss
 - Stress Management



In our next issue we will provide further insight into the many benefits of Acupuncture. However, don't wait be sure to schedule your appointment today.

Setting Nutritional Goals Part 1

American Medical Association



For several million years, humans existed on a diet of animals and vegetation. It was only with the advent of agriculture a mere 10,000 years ago - a fraction of a second in evolutionary time - that humans began ingesting large amounts of sugar and starch in the form of grains (and potatoes) into their diets. Indeed, 99.99% of our genes were formed before the advent of agriculture; in biological terms, our bodies are still those of hunter-gatherers.

Although recommendations for heart-healthy eating vary widely — some advocate traditional Mediterranean or Asian diets, for instance — there are a number of simple,

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research-based guidelines that apply to everyone hoping to avoid a heart attack or stroke.

To lower your risk, consume a balanced diet that is low in calories, saturated and trans fats, salt, sugar and alcohol. Choose whole grains over refined ones and add high-fiber vegetables, fruits and legumes.

The food you eat is composed of carbohydrates, fats and protein. Carbohydrates and fats are your body's main sources of fuel. Carbs should make up 45 percent to 65 percent of your daily calories, fats (primarily from vegetable fats) about 20 percent to 35 percent, and protein about 12 percent to 20 percent.

Carbohydrates

Carbohydrates are the many kinds of sugars, starches and fibers that make up plant foods such as fruits, vegetables and whole grains (the seeds of grasses). Overall, these carbohydrates are some of the healthiest foods you can eat. When it comes to fighting heart disease, however, whole grains and fiber are especially beneficial.

Whole Grains

The world's great cuisines are built on grains — wheat, oats, rice, corn, rye, barley, buckwheat, millet, kasha and quinoa. Whole grains are rich in B vitamins, notably folic acid, which may lower heart disease risk. They also supply minerals such as calcium, magnesium and phosphorus. Common whole-grain foods include brown rice; whole-wheat pastas, multi-grain breads, and oat and bran cereals.

Refined Carbohydrates

Grains stripped of their brown outer husk lose most of their nutrients and fiber. For this reason, multigrain breads, whole-wheat pastas, brown rice, and oat and bran cereals are superior to white bread and other products made from refined grains.

VERT is proud to host “Winning the Mind Game of Golf”

World recognized sports and business performance psychologist
Dr. Dan Schaefer will show you how to:

- Shave strokes off your game
- Learn the easy steps to better focus, concentration & mental toughness – resulting in consistently lower scores
- Master the Secret Strategy of the Pros



VERT Client Rich Gertler went from a 19 to 12 handicap in 4 months utilizing these strategies

Please join us as our guest Wednesday April 18 at 7:30 PM for this exciting VIP workshop and Wine/Cheese Reception



PEAK FITNESS CENTER OF JERICHO

99 Jericho TRPK
516-334-VERT

www.vertfitness.com

VERT Referral Program & Contest

Remember To Share Your Success

Refer somebody and when they sign-up **you** will receive weeks of training free based upon their package



The client with the most referrals by end of April will also **Win 4 Prime Seat Tickets to a NY Dragons Game (Arena Football League)**



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