



August Newsletter

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Quote of the Month

- "I still need more healthy rest in order to work at my best. My health is the main capital I have and I want to administer intelligently". *Ernest Hemingway*

Did You Know?

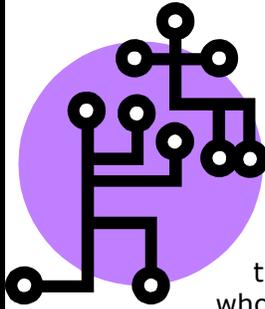
- People about to undergo hip or knee replacement benefit from exercise prior to surgery.
- 65 percent of patients who were in the exercise group went right home after surgery, versus 44 percent of those in the control group.

VERT Physical Therapy & Rehab

- Come in and learn about injury prevention

Insight Into Functional Training

By Philip Wolff



Functional training involves many types of weight bearing exercises used to target muscles that will help one perform better in everyday life increasing longevity and decreasing potential injury. These functional exercises form the foundation for strength movements that are used everyday. Performing these exercises several times a day, several times a week will enable you to do more work with less effort and with more confidence.

Functional training consists of box steps, lifting and throwing, coordination and flexibility allowing the body to move as a whole as opposed to one isolated movement. Our muscles are not designed to work in an isolated fashion even though this is the most popular way to train them. Functional training typically requires more neuromuscular control than non-functional training. The more you stimulate your nervous system, the better your brain is able to communicate with your body thus improving balance, coordination and overall control.

When it comes to applying functional training into a VERT session concepts of fatigue, overload and progression are used. Overload is about increasing stress through changes in time, frequency, and type of exercise. Overload may come from variability in loading, speed, direction of movement, recovery times, range of motion, intensity and time. The goal at VERT is to make every workout different utilizing appropriate progression principles and techniques while still meeting the goal of our clients. Functional training exercises interlaced with VERT exercises can far surpass any conventional training program and will more quickly lead our clients to accomplish all their fitness goals.

The integration of functional training into VERT sessions allows for a high intensity cardio based strength routine that allows for a very effective workout whether you're looking to lose weight or become a more accomplished athlete. Functional training paired with VERT is an unbeatable combination when it comes to overall fitness.

Short Activity Bursts Help Keep BP in Check

Journal of Hypertension – September 2006

In adults at risk of developing high blood pressure or hypertension, a series of shorter bursts of activity may be more effective in keeping blood pressure in check than a single, long exercise session. After four 10 minute sessions on a treadmill, spaced one hour apart, participants' blood pressures were reduced three to four hours longer than after a single 40 minute treadmill workout, a study found.

To compare the effectiveness of several smaller exercise sessions to a single, longer workout, researchers had 20 people perform the four shorter exercise sessions and then, a week later, a single, longer one, or vice versa. After the single, longer workout, participants' systolic and diastolic blood pressures were reduced for seven hours. But after the series shorter sessions, systolic blood pressure (the top number in blood



Nutrition Consultation

- VERT welcomes Danielle Marzano as another nutritionist option for our clients.
- She focuses more on diet nutrition advice.
- First consultation with her is free and she will be at VERT Tuesday evenings and available for other appointments in her Syosset office. Contact us for more information.

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 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

Arbonne

- New Product – FYI (For Young Individuals) – 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

pressure reading) stayed low for 11 hours, and diastolic blood pressure remained low for 10 hours, researchers reported.

Once again this research highlights the efficiency and effectiveness of VERT training which provides short bursts of interval based exercise.

VERT Fit Star of the Month



Evelyn Gomez

Occupation: School Teacher

Favorite VERT Exercise: Decline Press

Favorite Health Food: Homemade Smoothies

Fitness Goals: To be healthy and to be as physically fit as possible

Fitness Achievement Highlight: She is now **13 years younger** when comparing her BodyAge to her Chronological Age. Her overall body composition has improved **13.4%**. She has lost **14 pounds** of fat and put on **8 pounds** of lean body mass. Her VO2 cardio max improved from 22.7 to 56.7 (Wow). She can help teach us how to **commit to be fit!!**

Fun Fact: Creates Memory Books from trips & likes to try new type of cooking recipes.

VERT Positive Impact: "My family commenting on how good I look. Everyone at VERT is supportive and the trainers are extraordinary. This is a one of a kind workout".

Eat Out and Be Healthy

Danielle Marzano – VERT nutritionist partner

It is still summer, and our calendars seem to be filled up with many social gatherings, barbeques, and meals held at restaurants. In these situations we have less control of the foods we eat as we do when we are at home. But do not lose hope! There are still ways to make better choices. Better choices can make the difference!



Here are some tips to **Eat out and be healthy!**

- Don't go out hungry! Eat a small snack before going out to eat to avoid excess hunger and overeating.
- Choose lower fat menu options such as grilled or steamed meats, vegetables, and salads with low fat dressings.
- Share with a friend. Restaurants tend to give us more food than we need. Share your meal with a friend or bring half home to enjoy another day.
- Don't be afraid to substitute. Many restaurants will let you order a baked potato instead of French fries or steamed vegetables over pasta. Just ask.
- Avoid hidden fats. Cream sauces, butter, oils, and salad dressings add a large amount of fat and calories to your meal. Ask for your meal to be prepared without these fats added or order them on the side so you can control the amount you consume.
- Treat yourself. We all enjoy some high fat foods. Eating them on a regular basis

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.

Cara Mia

- Michael Weissman is a VERT client and CEO of Cara Mia
- All VERT clients are entitled to a \$250 Gift Certificate for Body Sculpting
- Body Sculpting medically addresses spot reduction that folks have been inquiring about

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can lead to weight gain and health problems, but that doesn't mean you can never enjoy your favorites. Allow yourself to order your favorite meal on special occasions or limit yourself to once a month. Eating healthy is about being able to enjoy all foods, in limited amounts, on occasion!

- Avoid overeating by slowing down! Your brain takes 20 minutes to recognize your stomach is full. Slow down when eating, sip on calorie-free beverage, talk to friends, etc.
- Use strategies such as wearing an outfit with a snug waistband or a form-fitting outfit to prevent yourself from overeating.
- Avoid alcohol. Alcohol stimulates our appetite and lowers our resistance and willpower. If you choose to drink, limit it to one beverage and do it at the end of the meal.

VERT Exercise of the Month—Lateral Box Step/Shuffle

Ed Brucia



Figure 1

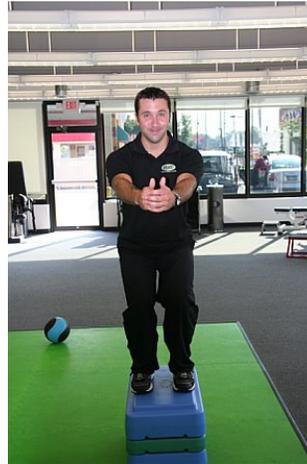


Figure 2

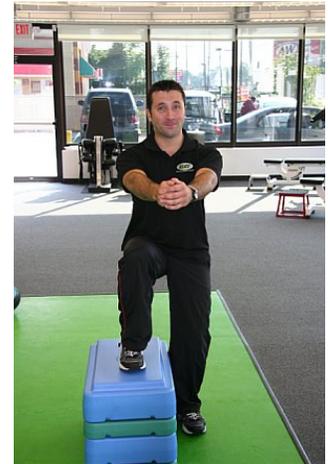


Figure 3

Preparation for the lateral box step is to stand with one foot on box and other foot off, down by the side of the box.

To properly execute the lateral box step focus on the Gluteal and Hamstring muscle keeping both feet flat. Push off the heel of the foot on the plyo-box (Figure 1), bringing the other foot on the floor onto the box (Figure 2) landing on the other side of the box back to the starting position (Figure 3). Repeat shuffle side to side.

This is not a regular lateral box jump. By exerting all the force through the heel of the top foot you're forced to recruit the muscles that run down the back of the leg, the Gluteus Maximus and the Bicep muscles that make up the Hamstring.

From stepping off the dock onto the stern of a boat, to keeping your balance when carrying a child on your hip, this exercise and its movements strengthen and balance muscles. This will make a big difference when applied to everyday life.

As always challenge yourself and have FUN!!