



January Newsletter

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Quote of the Month

- *"Physical Fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity".*
- John F. Kennedy

VERT Physical Therapy & Rehab

- We are glad to announce the opening of VERT Physical Therapy & Rehab.
- Come in and learn about injury prevention
- Please welcome our Director of Physical Therapy Marco Palermo

Tips for a Healthier You

January is the time of year to focus on developing an exercise routine. We know it can be tough after all the stress and debauchery of the holidays. Let VERT Peak Fitness help you design a program that will ensure a healthy and fit 2007!

Consistency is one of the most challenging, yet most important aspects of a successful training program. Here are 5 tips to help you build a fitter, healthier body this year:

- 1) Establish, Schedule, and Commit to regular workouts
** Make your habit a healthy one this year.*
- 2) Wake up at the same time every day; 7 days a week.
** This regular routine will help you sleep better by regulating your biological clock without any additional effort. It may sound crazy, but it does work.*
- 3) Expect to be challenged.
** Everyone has setbacks. Whether it is travel, work, kids or all of the above; expect to have setbacks. Don't worry about what has already happened. Focus on the present and the future.*
- 4) Focus on frequency over quantity.
** Try to exercise as many days a week as you can. Even if all you have time for is a 15 minute walk with the dog; do it! Every little bit counts and training yourself to exercise each day will help you to stay consistent.*
- 5) Exercise with a friend.
** Having someone meet you at the center will help to improve your accountability to your fitness goals. How amazing it is that VERT allows you to train with three other friends?*

Well, we hope this helps everyone get a jumpstart on their new year. Remember that VERT Peak Fitness specializes in getting you fit...fast!

Nutrition Consultation

- All clients are entitled to a free consultation with Dr. Marchetti so be sure to schedule your appointment. Call 516-695-4722
- Ask to take his nutrition Quiz. He is a real eye opener and will have you making the right food choices.

Nutropia

- 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
- Both Kevin & Jon have just started the program so watch as they improve their diet and transform themselves with the winning combination of VERT and Nutropia.

Arbonne

- Check out the only skin care line we were impressed with enough to offer our clients.

VERT Fit Star of the Month



Barbara Steinberg

Occupation: Audiologist & Hearing Aid Dispenser

Favorite VERT Exercise: Standing Press

Favorite Health Food: Soy Nuts

Fitness Goals: Improve cardio performance, strength, power and flexibility

Fitness Achievement Highlight: 4% Body Fat Reduction in less than 12 weeks

VERT Compared to Past Training: "Much better. Seeing and feeling the results much quicker. No soreness or pain following the workouts".

Hobbies: Tennis, Golf, Travel

Fun Fact: Barbara just returned from Costa Rica where she went on a Zip Line through the mountains for a 1/2 mile at a speed of 60 MPH, thousands of feet in the air. Can you say Velocity, Wow!!

Bottled Water vs. Tap Water?

It's the most important thing to consume while exercising, 65 percent of our bodies consist of it, and it boils at 212 degrees Fahrenheit. Of course we are talking about Water! \$8 billion dollars of bottled water was sold in 2005. America's fascination with drinking distilled, purified, imported from a mountain-spring on Mars drinking water is lucrative if nothing else. So, the sixty-four thousand dollar question is: Is bottled water healthier than tap water?

Research tells us, no. Numerous microbiologists, including a Yale School of Medicine scientist backed by the Bottled Water Association, found that there is no health difference between bottled and tap water. The truth is there is less government control on bottled water, which is regulated by the FDA, versus tap water, which is regulated by the EPA (and a more stringent set of rules)

Tap Water Regulated by EPA	Bottled Water Regulated by FDA
Cannot have confirmed E. coli or fecal Coliform bacteria.	A certain amount of any bacteria is allowed.
Violation of drinking water standards are grounds for enforcement.	Bottled water in violation of standards can still be sold.

- 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 Childcare

- Please inform us of any interest you have in having us watch your child while you workout.
- We are looking to start this service soon but need enough children
- Also give us some options in terms of typical days and times you would like.

Contact Us

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Utilities must have their water tested by certified labs.	Such testing is not required for bottlers.
Tap water results must be reported to state or federal officials.	There are no reporting requirements for bottlers.
Water system operators must be certified.	Bottled water plant operators do not have to be certified.
Water suppliers must issue consumer confidence reports annually.	There are no public right-to-know requirements for bottlers.
Contains essential nutrients for the body such as calcium and iron.	Natural minerals are removed by filtration.
Chlorine residual in water to prevent bacteria growth.	No disinfectant present to kill bacteria in bottles.

The next question: does bottled water taste better than tap? Again, the answer is no. Here are the results from a taste test conducted by "20/20" in 2005:

1. K-mart Brand Water
2. Dasani
3. Good ol' NYC tap water
4. Poland Springs
5. Evian (dead last and the most expensive, by far)

In most cases, the subtle taste of chlorine residuals is what makes tap water "funny-tasting." The best way to remove this taste is by filling an empty bottle with tap water, then refrigerating for at least 8 hours until the chlorine residuals dissipate.

Remember that bottled water costs 500 times as much as tap water next time you're in aisle 12 at the grocery store. Stay hydrated while exercising!!