



# March Newsletter

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## Quote of the Month

- "Every Man is the builder of a temple called his body".
- Ernest Hemingway

## Did You Know?

- The anti-cancer effects of exercise are due to increases in a protein that blocks cell growth and induces cell death.
- Among subjects who were physically active, an increase in this protein was associated with a 48 percent reduction in colon cancer deaths. (Gut – May 2006)

## 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

## Functional Training

One of the most significant changes in fitness trends is the rising popularity in *functional training*. Functional training is a classification of exercise which involves training the body for the activities performed in daily life. Why does the way we train have such a major impact on our overall health and fitness?



Popular opinion on training has historically been that "as long as you look good, you must be doing yourself some good." It is clear now, however, that health and fitness are not one and the same. In fact, inappropriate training is potentially more damaging than relative inactivity. Obviously, at VERT your workout is designed and supervised by a trainer, but think of how many people you've seen in the past at conventional gyms, just one rep away from the emergency room?

So what are we supposed to do; sit on the couch to avoid injuring ourselves at the gym? As fun as it sounds, couch-sitting is not recognized by the AMA as beneficial to your health. The answer, of course, is to train functionally.



Our bodies are designed to operate as a unit, sharing stresses across multiple joints. "Movement-based exercise" is a phrase used to describe training that is specifically designed to improve performance in everyday life. According to Paul Chek, founder of the C.H.E.K. institute for personal trainers (a very smart guy in the health and fitness field), the six primary movement patterns are:

1. One-leg stance (think Daniel-san from *The Karate Kid*)
2. Squat (think of your favorite exercise at VERT)
3. Push (think of moving things away from your body)
4. Pull (think of moving things toward your body)
5. Bend-to-extend (think about anytime you've picked something up)
6. Rotation (think trunk *and* hip rotation)

At VERT we strive to incorporate all of these movements into your workout (I'm sure you're all more-than-familiar with the idea of push and pull!). The VERT equipment is entirely based on multi-joint movements which allow you to improve your practical strength as well as aesthetics.



## What is wrong with this picture?

It certainly is opposite of what we believe. Remember take the stairs when possible, especially if you are going to exercise.

- 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

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

## Nutropia

- Kevin Update – Since 1/15 he has already lost **21** 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

## Arbonne

- Check out the only skin care line we were impressed with enough to offer our clients.
- It is all botanical, hypoallergenic, and

## VERT Fit Star of the Month



### Tony Guastefeste

**Occupation:** President Distribution Company

**Favorite VERT Exercise:** Bench & Decline Press

**Favorite Health Food:** Spinach

**Fitness Goals:** Stay healthy – feel better. Get in better shape and definition.

**Fitness Achievement Highlight:** Reduced BodyAge by 3 Years. Significant increase in V02 Max/Cardio and strength.

**VERT Compared to Past Training:** "At VERT it is quality time. No wasted time, I love the efficiency and all of the core training".

**Hobbies:** Skiing

**Fun Fact:** Travels all over the world numerous times throughout the year. Now the rest of the world can see the results and benefits in person just by looking at Tony.

## Concentrate, concentrate, concentrate...

By Chris Russell

Repeat as necessary. If you think about Olympic athletes just before their event, they are focused, confident, goal oriented and ready. This is something that we all possess and with the right concentration training we can work our bodies and mind to their fullest potential. We can maximize our everyday's performance, in everything we do, with a concentrated mindset; and here's how.

The mind's natural state is disorder, with random thoughts, perceptions and sensations all competing for attention. Adults normally manage this confusion by placing things in a reasonable order with 'attentional control'. This is where we filter out certain other things and focus on the main task - concentrating.

However, doing this can be more difficult at certain times than at others. The usual suspects are as follows:

**Being Tired** - When fatigue kicks in concentration is kicked out. Being tired overrides your body's ability to focus, so get your rest.

**Being Stressed** - The little things are just as bad, if not worse, than the big things that stress us out. Don't let these things take over your mind, be controlled and be concentrated.

**Being Physically Depressed** - When your body needs the attention (when you are sick, hungry, on medication, injured, etc...) you lose the ability to concentrate on anything else. So, keep healthy and take the best care of your physical body as much as possible.

**Being Bored** - Practice may make perfect but repetition can make us bored. Concentration needs willpower, and boredom can bring that down. So change little things in your everyday life to keep it fresh and new.

**Multitasking** - Juggling multiple activities at the same time rather than in an order can make it hard for the brain to focus. More frequent multitaskers may even be



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

- We are now offering Childcare services
- Call in advance to schedule as there are currently no set hours – appt. only
- \$5 per child per session



## VERT Receives Citation Award from Town of Oyster Bay

teaching themselves to have shorter attention spans. So, get organized and take tasks one at a time.

These things and more can sometimes combine and really make that concentration goal hard to achieve. However, food, rest and regular exercise can go a long way towards improving concentration. Remember the suggestions from above and implement them or your own version of them. Use them in your everyday life and bring that concentration, readiness and focus to your workouts. This way your workouts won't only be a great way to keep your body healthy and fit but also to keep you more in control with optimal concentration.

## Reduce Grains & Sugar Improve Health

Dr. Peter Marchetti



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.

While the human shift to agriculture produced indisputable gains for man - modern civilization is based on this epoch - societies where the transition from a primarily meat/vegetation diet to one high in cereals show a reduced lifespan and stature, increases in infant mortality and infectious disease, and higher nutritional deficiencies.

Contemporary humans have not suddenly evolved mechanisms to incorporate the high carbohydrates from starch- and sugar-rich foods into their diet. In short, we are consuming far too much bread, cereal, pasta, corn (a grain, not a vegetable), rice, potatoes and snack cakes, with very grave consequences to our health. Making matters worse, most of these carbohydrates we consume come in the form of processed food.

That 65% of Americans are overweight, and 27% clinically obese, in a nation addicted to sesame seed buns for that hamburger, with a side of French fries and a Coke, is no coincidence. It is not the fat in the foods we eat but, far more, the excess carbohydrates from our starch- and sugar-loaded diet that is making people fat and unhealthy, and leading to epidemic levels of a host of diseases such as diabetes.

If you are experiencing any of the following symptoms, chances are very good that the excess carbohydrates in your body are, in part or whole, to blame:

Excess Weight  
Fatigue  
Frequent sleepiness  
Depression  
Brain fogginess  
Bloating  
Low blood sugar  
High blood pressure  
High triglycerides

We all need a certain amount of carbohydrates, of course, but, through our addiction to grains, potatoes, sweets, and other starchy and sugary foods, we are consuming far too many. The body's storage capacity for carbohydrates is quite limited, though, so here's what happens to all the excess: they are converted, via insulin, into fat and stored in the adipose, or fatty, tissue.

Any meal or snack high in carbohydrates generates a rapid rise in blood glucose. To adjust for this rise, the pancreas secretes the hormone insulin into the bloodstream,

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which lowers the glucose. Insulin is, though, essentially a storage hormone, evolved over those millions of years of humans prior to the agricultural age, to store the excess calories from carbohydrates in the form of fat in case of famine.

Insulin, stimulated by the excess carbohydrates in our overabundant consumption of grains, starches and sweets, is responsible for all those bulging stomachs and fat rolls in thighs and chins.

Even worse, high insulin levels suppress two other important hormones - glucagons and growth hormones - that are responsible for burning fat and sugar and promoting muscle development, respectively. So insulin from excess carbohydrates promotes fat, and then wards off the body's ability to lose that fat.

Excess weight and obesity lead to heart disease and a wide variety of other diseases. But the ill effect of grains and sugars does not end there. They suppress the immune system, contributing to allergies, and they are responsible for a host of digestive disorders. They contribute to depression, and their excess consumption is, in fact, associated with many of the chronic diseases in our nation, such as cancer and diabetes.

The bottom line is this: Americans need to reduce their intake of grains, including corn-based foods, and all sweets and potatoes, dramatically.

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## 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)**

