

GABRIELE

FITNESS & PERFORMANCE



What's our new baby's name?

By Vince Gabriele

Last week I spent the entire week in Louisville Kentucky with some of the top Fitness Professionals in the country. I learned a lot and met some great people on my trip. While there I got a few random texts from some different people that were back here in NJ. One of the texts read

Yo Vin,

Just saw the dude at the gas station wearing a GFP t-shirt.

Peace,

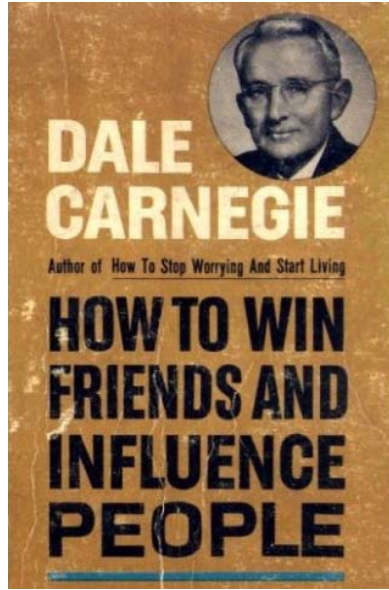
The Dude

I always get gas from the corner station and I was always intrigued by the man who pumped the gas. He was an older looking very quiet man that spoke pretty broken English. I got to know Muhammad and we are buddies now. He knows my wife Vanessa and always greets us with a smile.

Muhammad has been in the US for 15 years and is from Pakistan. I have a feeling that many people get gas from him for years and never even speak to him or let alone know his name or where he is from.

We strive to get every athlete/client in our facility to get to know one another. The first thing is knowing each others names and we use several different exercises to help everyone remember.

The use of someone's name and even more importantly remembering someone's name is vital to success and development of good character in many ways. My favorite book on the planet is How to Win Friends and Influence People by Dale Carnegie. In the book there is a great chapter on the importance of knowing names. It is required reading by the GFP team and I highly suggest picking up a copy.



So a great lesson in life that should be shared with your children is the emphasis on remembering the names of the people you come into contact with. This life skill takes one thing, your care. If you care about the people you meet, you will remember their name. The people that say "I am just bad at remembering names" simply do not care enough to remember. Show people you care by remembering their name and great things will come from it

Gabriele Fitness and Performance

20 Locust Avenue

Berkeley Heights NJ 07922

908-464-4441

info@gabrielefitness.com

www.gabrielefitness.com