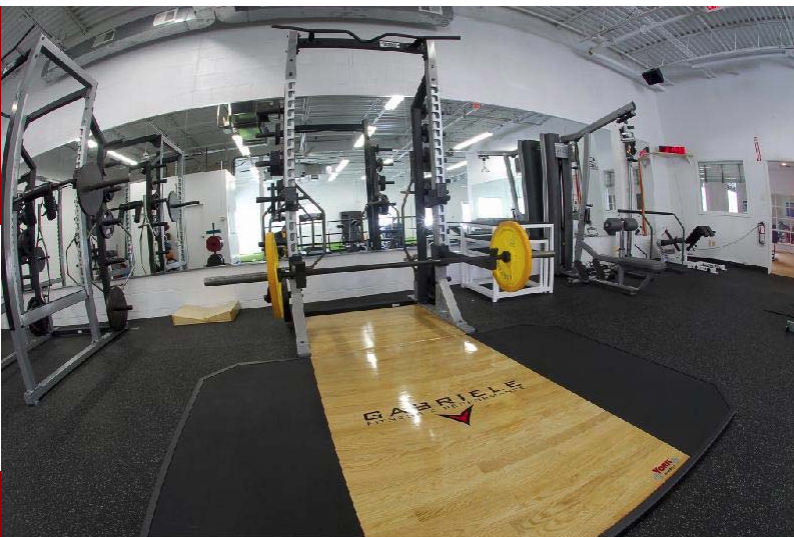


GABRIELE
FITNESS & PERFORMANCE



ARE YOU READY?

Scroll Down to see what's going on this Fall at GFP!
[Click Here for a look inside Gabriele Fitness and Performance](#)

GFP Newsletter

AUGUST 2009

Summer has wrapped up and we are super excited for the Fall. We could not have asked for a better summer. Our High School and Middle School Athletes did a tremendous job training Monday-Thursday almost all summer. The gym was cranking all day long and we had a blast watching our athletes get results and show up to their Fall Sport in the best shape of their lives. We would like to wish all of our summer athletes the best of luck in their Fall Sport.

ACR (Attitude/Action, Commitment, Results)

Vince

FREE at GFP this month

FREE FITNESS COACHING - Let us design your own Fat Loss Program and give you:

- FREE Personal Assessment
- FREE Personally designed, 4-week Fat Loss program
- FREE 2 semi-private Fitness Coaching sessions

Offered only weeks of August 31st and September 1st. EMAIL or CALL TO SIGN UP NOW

[Read More about Fitness Coaching By Clicking Here](#)

FREE MIDDLE SCHOOL ATHLETIC DEVELOPMENT

Trial Classes

Thurs, Sept 10 @5:30pm Fri, Sept 11 @ 6:30pm Sat, Sept 12 @10 am

[Click Here to Check out our MSAD class](#)

FREE FAT BLAST BOOT CAMP

Trial Classes

Wed, Sept 9 @ 9 am

Thurs, Sept 10 @ 6 am, 9 am or 6:30 pm

Fri, Sept 11 @ 9 am

Sat, Sept 12 @ 9:30 am

[Click here to see our FAT BLAST BOOT CAMP in action](#)

WHAT ARE THEY SAYING:

"I have dropped 15 pounds and 2 sizes!"

"I lost over 40 pounds, my blood pressure has dropped dramatically, and I am actually getting stronger each week!"

"Fun and fitness in the same sentence!"

"My energy level has increased and my body has been (and continues to be) transformed, all while having fun!"

FALL at GABRIELE FITNESS AND PERFORMANCE

FAT BLAST BOOT CAMP

14 WEEKS September 14 - December 19

Turn your body into a fat burning machine!

Offered Monday through Saturday 2 or 3 day/ week options

Many options are now closed so email or call us NOW to change your life

[Click HERE for more Details](#)

MIDDLE SCHOOL ATHLETIC DEVELOPMENT

14 WEEKS September 14 - December 19

Co-ed camp is specifically designed for Middle School (ages 10-13) athletes looking to improve their athletic performance. Speed & Agility, Coordination and balance, Increased relative body strength, Responsibility

Choose any 2 or three days :

5th & 6th Grades Monday through Friday at 4:30

Saturday 9 am

7th & 8th Grades Monday through Thursday at 5:30

Saturday 10 am

[Click HERE for more Details](#)

MIDDLE SCHOOL -

SCOTCH PLAINS PAL FOOTBALL ATHLETES ONLY

Sept 15 - November 24

Tuesday and Friday 3:45

3 spots left

HIGH SCHOOL ATHLETE PERFORMANCE TRAINING

10 weeks Sept 14 - Nov 20

In This Issue

Athletes of the Month

This section of our newsletter will highlight one High School Athlete, one Fitness Client, one Fat Blaster and one MSAD Student every month.

CRITERIA

1. Exceptional attendance
2. Self determination & discipline with nutrition & workouts outside of GFP
3. Incredible results: personal records, exceptional performance in a sport, fat loss, health improvements, etc.
4. High character
5. Willingness to help other clients

FITNESS CLIENT OF THE MONTH

Joe Zichichi



Zich, a former football standout in college and high school, has been with us for about 8 months. Zich came in with some serious shoulder pain and some goals to shed some body fat. Zich, a former 500 lb bench presser, has done a great job tossing the urge to push

ULTIMATE IN-SEASON - Weight training 2 times per week has been proven to maintain your strength, speed and power over the course of a long grueling season. Two sessions a week in the weight room will be all you need to keep your performance at a very high level.

Held Monday through Thursday 7:30 pm Choose any 2 nights each week

*7:30 session CLOSED- Join the wait list for new section

[Click HERE for more Details](#)

ULTIMATE OFF-SEASON - We have designed a specific Off-Season Strength, Speed and Conditioning Program to have you at the top of your game when the season rolls around. The first portion is dedicated to Speed and Agility and the second portion to Strength and Power.

Option # 1 CLOSED

Option # 2 Mon Wed Friday @ 4:30 1 spot remaining

*Join the wait list for new section

[Click HERE for more details](#)

Two Bad ways to Burn Fat (Article 1 of 2)

By Vince Gabriele MS,CSCS

The most common question I am asked as a Fitness Coach is "what is the best way to lose weight." The question people should be asking me is "what is the best way to lose body fat and keep as much muscle as possible." In this two-part article I will reveal two of the absolute best ways to burn fat through exercise. But first, let's weed out some of the ineffective ways before we can reveal the good stuff.

The following are 2 common ways people try to burn fat and they just do not work that well. People can lose weight from these types of exercise but did they lose body fat or just a bunch of muscle? Losing muscle is the best way to get fatter.

Bad Way to Burn Fat #1: Long Slow Distance Aerobic Training

I always cringe when I see the guy limping down the street with a knee brace running at a 2.0 mph pace for 4 hours. This is an absolute recipe for injury and very ineffective way to burn fat. During long, slow distance Aerobic Training you will burn calories while you are training but not nearly as many when compared with short duration, high intensity bouts of exercise (more about this in the next article). The calorie burning stops soon after you stop exercising, not to mention the amount of accumulative stress your body has just gone through. Just watch the Olympics this summer and observe the difference in physique between the sprinters and the marathon runners. I think most of us would rather look like the sprinters. You see, muscle is the only tissue that burns fat. Excessive long, slow distance aerobic training can actually decrease your muscle mass and turn your body into a less efficient fat burning machine.

Bad Way to Burn Fat #2: Using Very Light Weights For High Reps During Resistance Training

It amazes me when I see the woman in the gym curling the 5 pound dumbbells when she is probably strong enough to use the 15 pound dumbbells. There is a law in training called the Law of Adaptation. This law says that your muscles must be stressed more than they are accustomed to in order to grow and get stronger. Using very light weights for high repetitions will improve your muscular endurance

some serious weight (which he still can) and focus on getting healthy in order to be able to play with his 3 daughters. Zich trains 5x per week and is totally dedicated. He is also one of the best dudes that walks into our door.

ATHLETE OF THE MONTH

Ryan Dobbs



Dobbs is a favorite around here. His intensity and good humor make everyone around him better. Dobbs is working hard toward his sophomore wrestling and rugby seasons and we know he will show up this year in killer shape. He just finished our summer program and achieved a PR (personal record) in the deadlift (365) and the Bench Press (220)!

FAT BLASTER OF THE MONTH

Jodi Udelsman



A wily veteran Fat Blaster, Jodi has been doing the 6am Fat Blast class since its inception. Jodi rarely misses a workout and every time she trains she gets after it. Not much talking just old fashioned work. Her hard work shows in her results as she has leaned out and gotten much stronger throughout her time here. Her son Jackson, who also trains with us, was just named the Rookie of the Year of his club hockey team. I guess the apple does not fall far from the tree in the Udelsman family. Great job guys!

MSAD ATHLETES OF THE MONTH

Cullen Reuben

but will not do much for fat burning. Your metabolism is a function of how much muscle you carry. Your metabolism cannot be raised without an increase in lean muscle tissue. An increase in lean muscle tissue can only occur if the muscles are stressed more than they are accustomed. This means leave the pink dumbbells on the floor and move to the rack!

Now remember, this article is about bad ways to burn fat. I am not saying that no one should ever run long distance or never lift light weights for high reps. I am simply saying that these are the best ways to turn your body into a less efficient fat burning machine.

**Please stay tuned for part 2 of this article which will reveal the two best ways to turn your body into a more efficient fat burning machine.*



Cullen is one of the first of a growing group of Scotch Plains athletes. Cullen has been working with us since last spring and we could not be prouder of all his accomplishments. Cullen has been getting ready for football season and the time is now here. He is in the best shape of his life and is ready to go. He has dedicated himself to a new healthy lifestyle with his nutrition and rigorous exercise program. Cullen is an inspiration to us all and brightens up the gym with his big smile and outgoing personality. We are so proud of you bud and are looking forward to seeing you continue your success.

DODGEBALL at GFP

Don't forget to call and register your team for our 1st annual 2 on 2 Dodgeball Tournament.

- Open to all Middle School Students Grade 5-8
- Saturday September 12 @ NOON
- \$10 per Athlete
- **All proceeds go to the Kyle Kramer Foundation**

[Click HERE for more Details](#)

Exercise of the Month: Tennis Ball Roll on the Feet



A change of pace from our normal exercise of the month - we decided to throw in a recovery exercise to help your body feel better. Your fascia, or connective tissue, wraps around your muscles from your feet to your skull and if tight can cause pain. Think of your muscle fibers like strands of hair. A trigger point or sore spot is like having gum in your hair. Using methods of self massage like this exercise can relieve these trigger points and get your body feeling better

- Grab a tennis ball and take off your shoes
 - Rub the ball all around the bottom of your feet covering the balls of the feet, the middle and the heel.
 - Do this for 1-2 minutes on each foot
-

Quick Links

[Register Now](#)

[Testimonials](#)

[GFP on YouTube](#)

Bolt of the Month

"Make a stepping stone from a stumbling block"

-Unknown

Contact Information

Gabriele Fitness and Performance

GABRIELEFITNESS.COM

20 Locust Avenue

Berkeley Heights NJ 07922

908-464-4441

info@gabrielefitness.com

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