

GABRIELE
FITNESS & PERFORMANCE



HAPPY NEW YEAR!

Gabriele Fitness would like wish you and your family
a Happy and Healthy 2010!

GFP Newsletter

December 2009

We hope everyone enjoyed the Holidays and are looking forward to great things in 2010. We had several athletes accomplish many great feats this past fall. Scroll down to check them out.

ACR,

Vince

GFP Athletes doing GREAT Things!

- **Grace and Clayton Christus** of Bernards Field Hockey were both named First Team All Somerset County, First team All Area, First team All North Jersey and Second team All Group 2.
- **Grace** received an athletic scholarship to play Field Hockey in the ACC for Duke University.
- **Claire Omalley** of Summit Field Hockey was named Union County Player of the Year
- The following football athletes were named to the Independent Press All Area Team : **Matt Rea (SHS) 1st** team, **Dwayne Dabney (SHS) 1st** Team, **Mike Watts(SHS) 1st** Team, **Frank Colder (GLHS) 2nd** team, **Frank Yanotta (GLHS) 3rd** team, Matt Mulholland 3rd team, **Scott Anderson (GLHS) HM**, **Mike Uhouse(GLHS) HM**
- **Cassandra Squeri** was selected to the New Providence Girls Varsity Basketball Team as a Freshman
- **Matt Rea** of Summit Football was named the Union County Player of the year

- **Coach John Liberato** was named coach of the year in almost every paper in the State.
- **David Berardi** one of our Middle School athletes got his black belt in Tae Kwon Do this November after 6 years of lessons!
- **David Jennings** made the honor roll.
- After a year of hard work and dedication, **Justin Criscione** made the Seton Hall Prep basketball Team, a very difficult task.
- **Peter Badgley** contributed greatly to the success of the Summit Hilltopper State Championship season.
- **Dave Helsabeck** for absolutely killing it for the past year

Avoid These 7 Foods and You're Off To A Healthier New Year

By Alex M. Fioroni, N.S. "The Nutrition Chef™"

1. Canned Tomatoes

The expert: Fredrick vom Saal, PhD, an endocrinologist at the University of Missouri who studies bisphenol-A

The resin linings of tin cans contain bisphenol-A, a synthetic estrogen that has been linked to ailments ranging from reproductive problems to heart disease, diabetes, and obesity. Acidity -- a prominent characteristic of tomatoes -- causes BPA to leach into your food.

2. Corn-Fed Beef

The expert: Joel Salatin, co-owner of Polyface Farms and author of books on sustainable farming

Cattle were designed to eat grass, not grains. But farmers today feed their animals corn and soybeans, which fatten up the animals faster for slaughter. A recent comprehensive study found that compared with corn-fed beef, grass-fed beef is higher in beta-carotene, vitamin E, omega-3s, conjugated linoleic acid

In This Issue

Foods to Avoid
Exercise of the Month
Athletes of the Month

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
John Reilly

(CLA), calcium, magnesium, and potassium.

3. Microwave Popcorn

The expert: Olga Naidenko, PhD, a senior scientist for the Environmental Working Group

Chemicals, including perfluorooctanoic acid (PFOA), in the lining of the bag, are part of a class of compounds that may be linked to infertility in humans. In animal testing, the chemicals cause liver, testicular, and pancreatic cancer. Studies show that microwaving causes the chemicals to vaporize -- and migrate into your popcorn.

4. Nonorganic Potatoes

The expert: Jeffrey Moyer, chair of the National Organic Standards Board

Root vegetables absorb herbicides, pesticides, and fungicides that wind up in soil. In the case of potatoes they're treated with fungicides during the growing season, then sprayed with herbicides to kill off the fibrous vines before harvesting. After they're dug up, the potatoes are treated yet again to prevent them from sprouting.

5. Farmed Salmon

The expert: David Carpenter, MD, director of the Institute for Health and the Environment at the University at Albany

Nature didn't intend for salmon to be crammed into pens and fed soy, poultry litter, and hydrolyzed chicken feathers. As a result, farmed salmon is lower in vitamin D and higher in contaminants, including carcinogens, PCBs, brominated flame retardants, and pesticides such as dioxin and DDT.

6. Milk Produced with Artificial Hormones

The expert: Rick North, project director of the Campaign for Safe Food at the Oregon Physicians for Social Responsibility

Milk producers treat their dairy cattle with recombinant bovine growth hormone (rBGH or rBST, as it is also known) to boost milk production. But rBGH also increases udder infections and even pus in the milk. It also leads to higher levels of a hormone called insulin-like growth factor in milk. In people, high levels of IGF-1 may contribute to breast, prostate, and colon cancers.

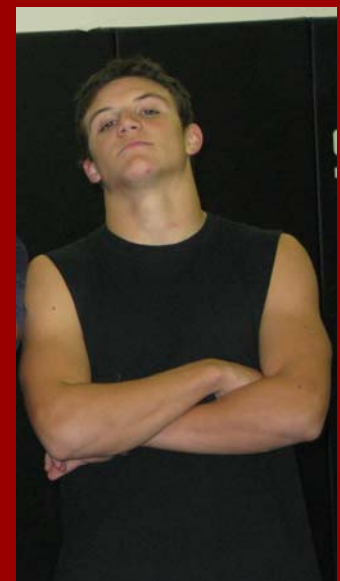
7. Conventional Apples

The expert: Mark Kastel, codirector of the Cornucopia Institute



John has almost reached his one year mark and is going stronger than ever. A former college football star at Columbia University, John knows that hard and smart training is what it takes to get results. He has been doing a great job conquering those dreaded BB Front Split squats. ([CLICK here to check him out](#)) John trains 3x a week despite his incredible work schedule as the CFO of the Hess Company. John is probably the most respectful guy coming through our door and we love him for that.

ATHLETE OF THE MONTH
Pat Eichner



Pat has been with us for over a year and has made tremendous strides in that time. A junior at GL, Pat plays football and wrestles for the Highlanders. After a standout season playing cornerback and receiver on

If fall fruits held a "most doused in pesticides contest," apples would win. And increasing numbers of studies are starting to link a higher body burden of pesticides with Parkinson's disease.

Sources: [Yahoo Shine November 24, 2009](#)

Alex M. Fioroni "The Nutrition Chef" has been helping individual since 1998 and has the science and experience to keep you healthy and fit during the holidays and get you really going for The New Year.

[Visit his website www.bodhealthnutrition.com](http://www.bodhealthnutrition.com)

Exercise of the Month: The Push-Up



The push-up is a great exercise to improve upper body strength and endurance. It is also great for improving scapular mobility, which is very important for healthy shoulders, strengthening the **rotator cuff** (a group of 4 muscles that help to stabilize the shoulder joint), and improving core stability, which helps protect the lower back.

Be sure your spine does not arch as you go down or have your butt way up in the air. Retract your scapula (*pinch your shoulder blades together*) on the way down and protract the scapula (*separate your shoulder blades*) at the top to help activate the serratus anterior, another important muscle to assist in shoulder health.

Elbow position is also very important, do not let them flare out. Keep them at about a 45 degree angle from your shoulder. Add some chain when you can do 15 perfect bodyweight reps.

[CLICK HERE to see one of our athletes performing chain push-ups](#)

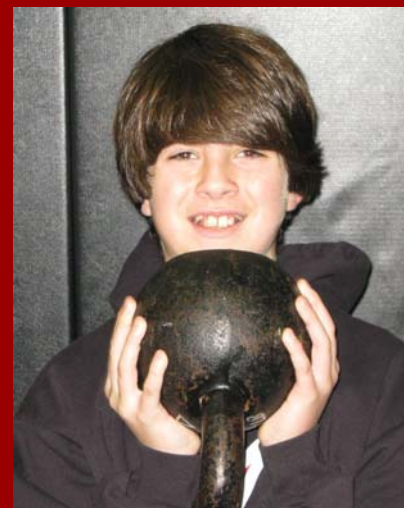
the gridiron, he is currently the 145 pounder for GL and looking to have a great season. We wish Pat the best of luck on the mat and are looking forward to more great things in his future.

FAT BLASTER OF THE MONTH Lara Hadad



Lara, aka LaHa, has been a consistent Fat Blaster for over a year now. She came to us in great shape and has continued to improve her fitness level for the past year. Lara is specially known for being silent and violent during her training sessions. We could not give this award to a harder worker and an even better person. She is all business and it shows in her results. Lara is the mother of this month's MSAD student of the month, Rob, the Hadad family has made some waves in December.

MIDDLE SCHOOL ATHLETE OF THE MONTH Rob Hadad



The son of our FBOM Lara, Rob has

been an outstanding member of our MSAD program. Over the last year Rob has grown into a model student and is often used as an example to demonstrate exercises and drills during sessions. He always brings a positive attitude and desire to compete into the gym. We look forward to continue to see Rob grow. Great job Kid!

Quick Links

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Bolt of the Month

"Discipline is the bridge between goals and accomplishments."

- Jim Rohn

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