

GABRIELE
FITNESS & PERFORMANCE



Haiti Relief Fundraiser a Success!

On February 21st a charity Dodgeball Tournament was held at GFP to raise money to aid in The Haiti Relief Fund. The day was a huge success, thanks to all who participated!

[Click here to read the news article featured in the AP!](#)

GFP Newsletter

FEBRUARY 2010

With a grueling winter coming to a close we are fired up to get back outside in the nice weather. We have had a great start to the year with our 2nd dodge ball fundraiser being a success. We raised \$1,500 and had a blast. [Click here to read this story that appeared in the Alternative Press.](#)

We have a few new highlight videos we have put together from our winter training programs.

[Click here to check them out](#)

We also need to step up our efforts for the Susan Komen Race for the Cure. We need everyone's support! So [CLICK HERE](#) join The GFP Team or just donate to the cause.

ACR,
Vince

GFP Athletes doing GREAT Things!

- 152 pound Highlander **Shane Haddad** took 5th place in the regions as a freshman in a tough weight class. Shane has trained with us since the 7th grade and we are so proud of all his hard work. We are excited for him to get back in here this spring and summer to get ready for his sophomore football season.

- 189 pounder **Frank Colder** is on his way to AC after taking 2nd place in the Regions!

- **Pat Eichner** placed 2nd in the Districts at 145lbs!

-Best of Luck to **Diane Carr** who will be running in her first Half Marathon this weekend. Got get it D!

- Congrats to 4th graders **John Yoss** and **Matt Schuman** for taking first place in the 5 and 6th grade bracket of our Dodgeball Tournament. Only a few 4th graders were able to participate and these boys took the title.

-Congrats to **Mike Detlet** and **Riley Griffin** for winning the very competitive 7th and 8th grade bracket of our Dodgeball tournament.

Fat Blast Boot Camp

-Current Session ends April 3rd

-Signs Ups for next Block are underway

New Block runs April 12th - June 19th

Call 908-464-4441 or email info@gabrielefitness.com to sign up

[Click HERE to see inside a Fat Blast Class](#)

Middle School Athletic Development

-Current session ends April 3rd

Next session runs April 12th - June 19th

Free Trial Classes

Saturday March 27th @ 12 noon

Saturday April 10th @ 12 noon

Call 908-464-4441 to register

[Click HERE to see what our MSAD is all about](#)

Youth Sports Coaches Warm-up Clinic

If you are a coach of youth sport this is a must, come experience the most cutting edge warm-up protocol for a youth athlete..

Sunday March 21st at Noon

In This Issue

Race Team

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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
David Helsabeck

Cost: FREE!

Please Call to Register as space is limited

For more info please email us at info@gabrielefitness.com

2010 Susan G. Komen Race for the Cure

Gabriele Fitness and Performance has once again accepted the challenge to raise funds for The Susan G. Komen for the Cure in its efforts to END BREAST CANCER FOREVER.

GFP would like to invite you to join our team for 2010. Last year we were able to raise over \$10,000 as a team and have set our goals at \$15,000 this time around, but we need your help.

You can join our team by clicking on the link below, then click register on the left side of the page and follow a few simple steps.

Do not let the 5k scare you, its a run or WALK, but you don't even have to participate to join the team. If all you want to do is start your own personal fundraising campaign, we would love to have you on our side. If have never run before and would like to get yourself ready, stop by GFP and ask us how we can help

Just ask team captain Diane Carr, who had never run over a mile before last year's race and is currently training for a half marathon

Every single person can make a difference and every donation, no matter the size, can help. Thanks for your time and we look forward to having you on our team.



[CLICK HERE TO JOIN OUR TEAM](#)



David has been training with us for over a year and has done a tremendous job. He has improved his strength, flexibility and relieved lingering low back pain. DH is always ready to work hard and enjoys a challenge, especially anything involving the Prowler. Good work David!

ATHLETE OF THE MONTH
John Iannone



John Iannone defines hard work. The transformation he has made in the last 3 months has been extraordinary. He shows up early and stays late every day, has changed his nutrition, and regularly works out on his own as well as coming in for our Off-Season program 3x a week. The GL football program will be getting a nice pleasant surprise this Fall. Great Job Legend!

Are you a candidate for FASCIAL STRETCH THERAPY?

Vanessa Gabriele MS, Certified Fascial Stretch Therapist

FACT: We lose 10% of our body's range of motion every 10 years as we age.

The body is our temple and we only have one in our lifetime. It starts out so innocent, mobile, and healthy but as we continue to grow and age the body is affected whether we like it or not. Fascial Stretch Therapy will help gain flexibility without any pain.

Our body changes and adapts constantly as the result of our daily activities. All repetitive movements such as driving, talking on the phone, sitting at a desk all day, playing sports, surgeries, injuries and even STRESS take a huge toll on our bodies. Stretching can relieve and relax your body which helps create balance.

Flexibility is so much more than just stretching specific muscles - it's about moving and releasing fascia. What is fascia? Fascia is very important connective tissue that surrounds our muscles and organs.

Adding Fascial Stretch Therapy to your exercise program will increase flexibility, balance, reduce pain and soreness and help you learn how to breathe. You can never underestimate the breathe. Even though we are taught breathing is "involuntary" we tend to hold our breath during such important actions as working out and stretching. Breathing helps you relax, which helps you listen and feel what's going on inside your body.

You may be feeling pain in one specific area, but it is most likely generating from above or below the pain point. For example, if your low back is feeling tight it may be coming from the hips, the thoracic spine, and/or tightness of the hamstrings. That's where fascial therapy comes into play. The therapist will identify your needs and address them.

Balance out training and flexibility and you've got yourself a great body to grow with - not only stronger and more mobile, but healthier - to live longer and without pain!

***To set up a free 30-minute Fascial Stretching trial please call
908-464-4441***

FAT BLASTER OF THE MONTH Ellen and Mike Haley



The first ever husband and wife Fat Blast of the month award goes to the Haley's. When you think about great people the Haley's are first on everyone's list. They are always upbeat, always have a great attitude and are just a joy to be around. They have been working hard for the last several months making them very worthy of this award. They are also proud owners of the new Debarry Inn in Summit , go and check out the site: [CLICK HERE](#)

MIDDLE SCHOOL ATHLETE OF THE MONTH Kyle Fuedena

Exercise of the Month: *Bulgarian Back Squat*



This a great exercise to:

- Strengthen the Lower Body
- Increase Core Strength,
- Improve Balance and Flexibility (specifically in the hips, which are typically tight)

You should feel a stretch in the leg on the box and a burn in the leg on the floor. This is a very effective exercise that should be performed cautiously when first executing - it has a tendency to make you very sore when done excessively.

[Click HERE to see Nick Performing Bulgarian Back Squats](#)



Kyle is probably our most enthusiastic MSAD student. He never misses a workout and is always first in line for our drills. He is also a great leader, many times he will help other athletes in class by motivating them and pushing them to be their best. Kyle has also improved his own speed and coordination over the past several months, credit that to his dedication and hard work. Great job Kyle!

Quick Links

[Register Now](#)

[Testimonials](#)

[GFP on YouTube](#)

Bolt of the Month

"You are never a loser until you quit trying"

-Mike Ditka

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