

GABRIELE

FITNESS & PERFORMANCE



Welcome to the GFP Newsletter

JANUARY 2009

Welcome to the first issue of the GFP Newsletter! We hope you are having a great New Year!

Our goal for this newsletter is to keep you informed of interesting articles about health, fitness and nutrition, exercises of the month, special events, new programs, success stories from our clients, quotes of the month and much more! We are very excited about this new publication and look forward to sharing what is happening at Gabriele Fitness & Performance.

Thank you to all our clients for your continued determination, enthusiasm and support!
Look out for our monthly updates.

Get After It!

Vince Gabriele, Owner

About Gabriele Fitness & Performance

The grand opening of GFP was back in October 2008. Since then we have had over 200 Fat Blasters, Athletes and Fitness Coaching clients train at our Facility in Berkeley Heights.

[Our facility](#) is a 6,000 square foot warehouse conversion with everything you need to get leaner, stronger, faster and more energetic.



GFP Programs

There are 4 main cornerstones to our business:

- Semi-Private Fitness Coaching
- Our Signature Fat Blast Boot Camp
- Middle School Athletic Development Training (Ages 10-13)
- High School Athletic Strength & Speed Training (Small Groups)

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Athletes of the Month

This section of our newsletter will highlight one athlete and one fitness client every month.

Criteria for the title:

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

Athlete of the Month:

John Manganello

Visit www.gabrielefitness.com for details on each program.

GFP Philosophy

Our model is very simple: get awesome results by delivering two things:

1. A training atmosphere that will bring your performance to levels you never thought possible. What does this mean? Imagine attempting to do the most chin-ups you have ever done in your life. Now picture yourself with 6-11 people motivating you and cheering you on! It's very different than one person telling you to do chin-ups. The atmosphere here is very different than most places. You cannot bottle up intensity; it comes from the atmosphere of the trainers, other clients and your own determination. Make it Count!
2. A scientifically proven training system that gets results! Our training system was created from years of experience in the trenches and learning from the some of the world's greatest fitness and sports performance experts. From our evaluation process to how we structure your training program, you will be participating in the most cutting edge training available.

Meet our Staff

Our fitness and sports performance training staff is made up of motivated professionals that are dedicated to getting you results. Each of our staff members are full time employees and hold either a Masters or Bachelor's degree in Exercise Science. Each trainer is required to hold the prestigious CSCS, the gold standard among certifications. Please read through each of their impressive [bios](#) on our website.

Exercise of the Month

Sled Pull-Throughs



1. Grab the straps to the sled and assume a bent over position
2. The back should be flat and there should be a slight bend in the knees
3. Stand up to a fully upright position by Squeezing Your Glutes - The abs should be braced
4. Walk forward until the straps are tight and repeat for 8-12 repetitions

Purpose: Strengthen Posterior Chain: Lower Back, Glutes, Hamstrings [Click here to see a video of the Sled Pull-Throughs](#)

Upcoming Events

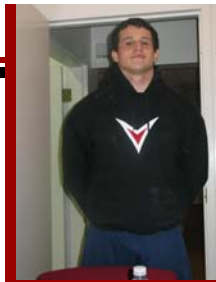
Be sure to be a part of Team Gabriele Fitness & Performance for the Susan G. Koman Race for the Cure 5K on April 26th! Non-members are welcome!! It will be an event to remember - GFP style!

[Click here TODAY to join the team!!](#)

Quote of the Month

The ultimate measure of a man is not where he stands in moments of comfort, but where he stands at times of challenge and controversy.

-Martin Luther King, Jr



Sr. Varsity football player & wrestler at Governor Livingston High School. As team captain, he was honored as First Team All State, First Team All Union County and Super 100 All State Football Team. John's character is what's most commendable. His respect, hard work and dedication is what every young man should strive to achieve. Congratulations, John!

Fitness Client of the Month:

Diane Carr



One of our original Fitness Coaching Clients, Diane travels from Mendham for each session, then heads to work as the manager of The Bernards Inn. After a 12 hr. day, she goes home to cook & care for her family. Diane is a huge inspiration to every working Mom. On her off days she comes to GFP at 7AM for 30 minutes of sled dragging or intervals on the treadmill. She was the inspiration for the GFP Susan Komen Breast Cancer Walk Team, raising thousands for this cause and participating in 3 day walks all over the country. Congratulations, Diane!

Quick Links

[Register Now](#)

[Testimonials](#)

[Training Videos](#)

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