

**GABRIELE**  
FITNESS & PERFORMANCE



## A Commitment to Excellence

An article featuring Summit Football and GFP was recently published in The Alternative Press.

[Click Here to Read the Article](#)

GFP Newsletter

January 2010

We hope everyone is trucking strong through this winter season. Every month we feel so blessed to have such a great group of people training at our facility. We are very excited about the new changes we have made to our website so please be sure to check them out here [www.gabrielefitness.com](http://www.gabrielefitness.com).

With the tragedy in Haiti, it should really make us appreciate all that we have. Many times we get upset or tired over things that we really need to re-think are these are truly real problems. We are putting together a fund raiser for the Haiti relief effort by holding our second Dodge Ball Tournament for grades 5-8. Call 908-464-4441 for details and be sure to contribute to this much needed cause.

ACR,  
Vince

## GFP Athletes doing GREAT Things!

- **John Jennings** ran a personal record 7.0 in the 60 yard dash
- Sophomore GL point guard **Alyssa Polimeni** was named Courier News player of the week
- **Mike Watts** Committed to Colgate and will play football in the Fall.

- **Frank Colder** won the 189 pound class in the union county
- **Shane Haddad** took 4th place as a freshman in a tough 152 weight Class
- **Pat Eichner** took 2nd place in Union county at 145lbs.
- Senior GL Hoopster **Mike Rielly** was named Courier News player of the week

## 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.

### 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

Tony Powell

**Image Deleted**

**[CLICK HERE TO JOIN OUR TEAM](#)**

## Support the Relief Effort in Haiti 2 on 2 Dodge Ball Tournament

**Who-** Middle School Students (Grades 5-8)

**When-** Sunday Feb 21st (5-6 graders @12pm 7-8 graders @1pm)

**Why-** ALL proceeds go to support the Haiti Relief Effort

**Where-** GFP- 20 Locust Ave, Berkley Heights

For more info call **908-464-4441**



Tony is the "senior" athlete that trains in our facility. He trains three times a week and always brings a great amount of energy and a wonderful smile into the gym. Tony has improved his overall health and increased his fitness level by being extremely consistent and always looking to progress during his workouts. We look forward to getting Tony ready for he and his wife's tropical vactation , celebrating their 50th wedding anniversary. Keep it up Big Tone!

**ATHLETE OF THE MONTH**

John Jennings



## Eating for Energy and Performance

By Alex Fiorini

[www.bodhealthnutrition.com](http://www.bodhealthnutrition.com)

Building lean muscle is 85% NUTRITION! A regular long term, nutritious lifestyle is the basis for high performance and health. The major body systems involved in top energy production are the

liver, thyroid, and adrenal glands. Complex carbohydrates such as those that come from grains, pastas, vegetables, rice, beans and fruit are the key to strength and endurance for both the athlete and the casual exerciser. They improve performance, promote storage of muscle fuel, and easily absorbed without excess fats.

50-60% of a healthy high performance lifestyle should be in unrefined complex carbohydrates. **LOW CARB IS A MYTH!** 25-35% should be in high grade proteins from whole grains, beans, yogurt, kefir, eggs, poultry and fish. About 15-20% should be in energy-producing fats and oils necessary for glycogen storage. The best fats are unrefined and mono-or-unsaturated-oils, and raw nuts and seeds. The remaining fuel should be liquid nutrients; WATER and natural electrolyte juices like COCONUT WATER. When the body senses lack of water, it will naturally start to retain fluid. Waste and body impurities will not be filtered out properly, and the liver will not metabolize stored fats for energy!

When you eat; a lot of the time you might be alone or distracted and ignore the fundamentals of the game of nutrition. You need to realize that fuel is related to a certain quality of what your performance will be. Even though you have the power to make the right decisions, only a true healthy individual makes every opportunity count. It's the difference of putting 87 octane in a high performance tank rather than 91. You need to make the right decision; that decision controls the destiny of what kind of person you want to become. Nutrition is the cornerstone of how you recuperate; get rid of toxins, strength the muscles, fat loss and the prevention of you having a short unhealthy life.

So every time your stomach is growling and you're in a hurry; stop and realize that you are an incredibly advanced human being and what you eat will eventually be the outcome to how good of human being you will become!

[For more Info from BodHealth Nutrition Click Here](#)

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## Exercise of the Month: *Walker Curls*

We usually will not choose single joint movements as our exercise of the month, however the Walker Curl is a special circumstance. The exercise is named after the fitness client with the biggest guns in the gym.

The Walker Curl is performed using dumbbells equipped with Fat Gripz handles. The curl is then performed using a neutral grip,

John has been with us for over a year and has grown immensely in his size strength, speed and flexibility. John is a 2 sport athlete and a standout in baseball. Just recently John was one of 25 athletes chosen from a showcase that pitted 300 of the countries best baseball players. Last week he ran a personal record of 7.0 60 yard dash. His best previous time was a 7.3. This is all due to his dedication and hard work. John trains 3x a week in our Off season program in the winter along with 2 extra days dedicated solely to flexibility, mobility and core stability. We are very excited for John to take the field for his junior season. More than a great athlete, John is a great person who makes everyone around him better.

### FAT BLASTER OF THE MONTH

Judy Belfur



Another Fat Blaster that just past her one year mark. Since the New Year started Judy has really lived up to her goals. Along with working hard 2x per week at fat Blast she comes in another 1-2 days on her own and does a great job. Judy is always up and ready for a new challenge and we love her intensity. Keep up the great work Judy!

MIDDLE SCHOOL ATHLETE OF  
THE MONTH  
Mike Detlet

one arm at a time.

[CLICK HERE to see Walker performing Walker Curls](#)



Mike started training with us over a year ago in the MSAD program. We have seen him grow into a standout athlete now working in one of our Smart Beast Groups. Mike has continued to improve everyday he comes in to train. He is an excellent leader within his group and has been a pleasure to work with. We look forward to a bright future for Mike.

#### Quick Links

[Register Now](#)

[Testimonials](#)

[GFP on YouTube](#)

## Bolt of the Month

"In a marathon, a few seconds every mile is the difference between finishing with the Kenyans or finishing with some guy named Ken"

-Unknown

#### Contact Information

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