



Image Deleted

DODGEBALL at GFP

Gabriele Fitness and Performance will be holding our 1st Annual 2on2 Dodgeball Tournament on September 12, 2009.

[Click Here for more Details](#)

GFP Newsletter

JULY 2009

We are proud to announce our 2 on 2 Dodgeball Tournament on September 12 at NOON.

- All middle school athletes are invited(Grades 5-8)
- All proceeds will go to the Kyle Kramer Foundation.
- [Click here](#) for details and to watch a video of Gabriele Fitness Dodgeball.
- Call 908-464-4441 to register your team today!

We also have a few new You Tube Videos that show some great clips of our High School Athletes and Fitness Clients. [Click Here to Check out our YouTube page!](#)

ACR,
Vince

What's Going on at GFP:

Fat Blast-Summer Shortie. Aug 3- Aug 28

We still have some openings available for our August program.
-Wednesday and Fridays at 9:30am

In This Issue

Whats Going on at GFP
Attitude
Meet Our Staff
Exercise of the Month

Athletes of the Month

-Tues and Thurs at 6:00am and 6:30pm are still available.

Fat Blast Fall 2009 Sept 14- Dec 14 (14 weeks)

We are excited about Fall Fat Blast!! This Block will run for 14 weeks with a one week break (Thanksgiving Week) Registration is under way and we are thrilled to have so many returning Fat Blasters! Classes are filling up quickly (5 already sold out) but we still have availability at the following times:

- Monday - 9am (SOLD OUT), 10am(Open)
- Tuesday - 6am (Open), 9am (SOLD OUT), 10am(Open), 6:30pm(open)
- Wednesday - 9am (SOLD OUT), 10am(Open)
- Thursday - 6am (Open), 9am (SOLD OUT), 6:30pm (Open)
- Friday - 9am (SOLD OUT), 10am (Open)
- Saturday - 9:30am (Open)

*ALL MENS- Tuesday 8:30pm (Open), Saturday 8am (Open)

Middle School Athletic Development- Sept 14- Dec 19th (14 weeks)

Middle School Sign ups have just started. The classes are as follows.

(You may come 2 or 3 days per week)

Mon\Tue\Wed\Thu\Fri 4:30 or 5:30 Saturdays 9:00 or 10:00am

Is Your Attitude Making You Average?

Vince Gabriele

After a very busy month here at Gabriele Fitness and Performance we realized what separates great results from average results. The answer is Attitude. As an example we have a group of 4 eighth grade girls training with us 3 times a week at 8am. They never complain always have a positive attitude; and their results have been spectacular. The following is a definition of a positive mental attitude:

A positive mental attitude is the belief that one can increase achievement through optimistic thought processes. A positive attitude comes from observational learning in the environment and is partially achieved when a vision of good natured change in

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 Bonnie Schliemer



Bonnie is another descendant from my parents basement. She absolutely was my first client when I moved back to NJ. Bonnie has turned it up in July despite her long work days and 3 children. Bonnie trains with her good friend and first ever fitness client of the month, Diane Carr. Her new job requires her to come extra early to her workouts in order to get to work by 9 and she has been consistent all month long. Great job Bonnie Keep it up.

ATHLETE OF THE MONTH Doug Grum



Doug Grum is the Ultimate Leader. He will be a very successful young man in whatever he does. Doug will be playing hockey at TCNJ this fall and has been working hard since March to prepare. Doug's strength has gone through the roof and he continues to get

the mind is applied toward people, circumstances, events, or behaviors (Wikipedia).

I remember as a young boy my father always telling me it is all about attitude. As a normal kid that hated to take advice from his father, I usually rolled my eyes and kept on being average. When I was 10 my Dad gave me a picture from a magazine with Nolan Ryan in it saying across the top "It all starts with the right attitude" It posted that on my mirror and it stayed there for several years. I looked at it every day and tried my best to have a positive attitude in everything I did. This was a turning point in my life and I remember it very clearly 20 years later.

Many of you know our tag line ACR. Action, Commitment, Results. When anyone wears our ACR shirt I will always ask if they know what ACR stands for. Many of them know, some do not. The ones that guess the A were always guessing the word attitude. After a while I realize that action is huge but without the right attitude the commitment will not come. This is an official addition to ACR, which is now Action/Attitude, Commitment, Results.

The bottom line is everything might be in place for you to succeed but without a positive mental attitude there will be a huge ingredient missing. We all have different goals in our lives but the one commonality is that a positive attitude puts us in a much more favorable position to be successful.

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: One Arm Farmers Walk



An awesome exercise for the Core. This will strengthen your obliques, lower back and grip with very little stress to the lumbar spine.

- Tightly Grip a Kettlebell or DB in one hand and brace your abdominals
- Simply walk at a moderate speed for 30-60 sec and then switch

stronger each week. More impressive is Doug's willingness to help others in his training group. We feel confident that if we needed one of our athletes to run a session for us it would be Doug. Good luck at college next year Doug, your presence will be missed greatly

FAT BLASTER OF THE MONTH Michelle Constagna



Fat Blast started with only 7 women and Michelle was one of them. She has been consistent for an entire year and her results show her many dedicated hours at Fat Blast. Michelle came in with a shoulder injury and has worked hard and smart to make sure that shoulder pain is far away. Michelle always gives a very cheerful hello and we are very lucky to have her.

MSAD ATHLETES OF THE MONTH Chris Sergio



You will never be able to measure a man by size alone and Chris Sergio defines this. Chris has the heart of a man that stands 7 feet tall. We have watched Chris over the last year and he continues to impress us with his dedication to training and his continued improvement in Strength and Speed. Like Doug, Chris has evolved as a great leader and has helped many other athletes improve

Quick Links

[Register Now](#)

[Testimonials](#)

[GFP on YouTube](#)

hands

- Try not to rest the object on your leg
- Repeat this 1-3 times and rest 60 seconds between sets.

[Click Here to Check out our Video of the One Arm Farmers Walk](#)

A special "*Thank You*" to Paige, who has been with us since Day 1. Paige will be attending Loyola College this Fall. We will all miss her beautiful smile and warm hello at the front desk.

Contact Information

Gabriele Fitness and Performance

GABRIELEFITNESS.COM

20 Locust Avenue

Berkeley Heights NJ 07922

908-464-4441

info@gabrielefitness.com

[Forward email](#)

✉ **SafeUnsubscribe®**

This email was sent to vince@gabrielefitness.com by vince@gabrielefitness.com.
[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Email Marketing by



Gabriele Fitness and Performance | 20 Locust Avenue | Berkeley Heights | NJ | 07922