

**GABRIELE**  
FITNESS & PERFORMANCE



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**New Jersey's Best Train at GFP**

Nick Iannacone (middle) won the 8th grade Heavyweight Championship, while Shane Haddad (left) placed 3rd in a tough 135lb weight class at this month's New Jersey State Wrestling Championships. Congratulations Boys!

**GFP Newsletter**

**March 2009**

Welcome to the third issue of the GFP Newsletter. Spring is almost here and it is the best time of year to get outside and enjoy the awesome New Jersey weather. Here are a few ideas to get out and enjoy the new spring weather and burn some calories at the same time.

- Take a hike. Where your Heart rate monitor and check how many calories you burn by the end of the hike. I am sure you will be pleasantly surprised.

- Organize a pick-up game. It could be Basketball, Touch Football, Soccer, Softball etc.

- Join our Fat Blast Boot Camp because we will be taking it to the streets, park, school and anywhere else in Berkley Heights we can find. Get ready!

- Instead of sitting on the Bleachers watching your kids play Lacrosse or Baseball, get out and run the field when there is a break in competition.

- Go to Bryant Park in Summit and run or walk around the pond, stop at each exercise station and get after it.

Get After It!  
Vince Gabriele

## Check out our 2009 Summer Youth and High School Camps

**2009 Summer Program Information Center**

### Middle School Athletic Development

Monday-Thursdays June 29- August 20

**Option 1:** 7-8 Graders - 9-10am

**Option 2:** 5-6 Graders - 10:30 - 11:30am

**Option 3:** 5-6 Graders - 12:30 - 1:30pm

**Option 4:** 7-8 Graders -3:30- 4:30pm

[Click Here For Info on this Program](#)

#### In This Issue

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#### Athletes of the Month

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

Criteria for the title:

1. Exceptional attendance
2. Self determination &

## Ultimate Summer High School Training

Monday-Thursdays June 29- August 20

**Option 1:** 11:30 AM-1:00PM

**Option 2:** 2:00 PM-3:30PM

**Option 3:** 5:30 PM-7:00PM

[Click Here for Info on this Program](#)

### The Ultimate Fat Loss Secret Revealed By Vince Gabriele MS,CSCS, YCS-1

I cannot tell you how many times a day I hear this from people who are struggling to lose body fat; "I know exactly what to eat, but it's not working." The information is out there about the best ways to lose body fat and we always come up with the same ones. Small Meals, 5-7 meals a day, low carb, eat fruit and vegetables, protein at each meal, eat a good breakfast, etc. These are all great ways to get your nutrition on track and each is highlighted in our nutrition packet. You will also read many of these in health and fitness magazines, but there is always one missing. The one that is missing is the Ultimate Fat Loss Secret: **PREPARATION**.

Everyone knows eating small, healthy snacks between meals is essential. If there are only cookies in the cabinet, we eat cookies. We know exactly what we need for breakfast, but when there are only Lucky Charms in the house, Lucky Charms is what we eat. We know we need to eat whole fruit, but when orange juice is the only thing available, we will go for it (at 200 calories a glass). The reason for all of this poor nutrition is simple; lack of preparation. Follow these simple steps and you will be on your way to meeting all your Fat Loss goals.

- 1.) Go to the grocery store on Sunday with a plan and a detailed list of what you want to eat from Monday-Friday. This includes breakfast, snacks, lunch and dinner. This planning is essential so you don't end up wandering the aisles aimlessly and impulse shop for large containers of ice cream. If it is not on your healthy list, **DON'T PUT IT IN THE CART!**
- 2.) Shop in the outer aisles of the store. The middle aisles should be used sparingly, for things like oatmeal, rice, salsa, and a few other acceptable items.
- 3.) Cook large amounts of food on Sunday, so it is ready to go for the rest of the week. This is essential for people trying to lose fat. An example; grill 10 marinated chicken breast, cook a pot of rice and steam a huge pot of veggies.
- 4.) Invest in these following tools: Tupperware containers (for work or school), a crockpot and a rice cooker. Then dust off your BBQ and use it!(Even in the winter)
- 5.) The ultimate Grocery list: Large pack of Chicken breasts, Pack of Flank Steak, Sweet Potatoes, Rice, Carrots, Hummus, Celery, Protein shakes, Zone Bars, Eggs, Oatmeal, Berries, apples, avocados, ground Turkey Breast, Large onion, Taco seasoning, salsa, Oranges, Broccoli, Tomatoes, olive oil, Canadian bacon, peppers.

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:

**Jim Bistis**



Jim has been with us since the beginning. I started training Jim in my parents basement over a year ago and he has been with us ever since. Jim turned it up in March big time. His attendance has been exceptional and he has worked very hard. Jim is the father of two and has a very busy schedule running his own very successful business leaving him very little time to train but in the month of march he has been exceptional.

#### Athlete of the Month:

**Mark Giacalone**



The athlete of the Month goes to a young athlete that not only shows great improvement in athletic skills but is a role model to his peers. In the time that Mark has been participating in our Middle School Athletic Development program he has helped many of our athletes improve their performance through his great demonstrations along with his willingness to spend time teaching



FAT LOSS IS NOT IMPOSSIBLE!

our other athletes. Aside from this, Mark is one of our most talented athletes who is looking forward to using his new strength, coordination and speed this spring on the baseball diamond.

**Fat Blaster of the Month:**  
**Michelle Serglo**



This award is long overdue for Michelle. She has probably gotten the best results from our Fat Blast Boot Camp, making her an easy choice for this award. Michelle is the mother of 4 and works full time as a flight attendant. If anyone has any excuses as to why they cannot get in killer shape just talk to Michelle. Michelle does Fat Blast 3 times per week and comes into the facility two other days. Check out Michelle getting after it

## 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

### Straight Leg BB Back Extensions



This is a great exercise to strengthen the Posterior Chain (Lower Back, Glutes and Hamstrings). Set the pad adjustments so your hips are towards the end of the pad. Lie face down and put your feet through the roll pads and place them against the steel plate. Go all the way down into flexion and then contract your glutes and lift your body into extension. Repeat for 8-15 reps.

[Check Out the Video of Straight Leg Back Extensions](#)

### Quick Links

[Register Now](#)  
[Testimonials](#)  
[GFP on YouTube](#)

## Announcements

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!!](#)

Don't miss our new videos on Youtube! We constantly update our videos- so be sure to mark it as a favorite page and check it often. <http://www.youtube.com/user/vgabriele71>

## Quotes of the Month

"Never Give Up" -Winston Churchill

"Eat the Ultimate Breakfast!!!"

**Eggs**  
**Toast or Oatmeal**  
**Fresh Fruit**  
**-GFP Staff**

**"A healthy attitude is contagious, but don't wait to catch it from others. Be a carrier."-Anonymous**

### Contact Information

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