



Join Our Army Today!

Do not hesitate, Click on the link below and join the Gabriele Fitness Team for the Susan G. Komen Race for the Cure on April 25th.

[CLICK HERE AND JOIN THE TEAM!](#)

GFP Newsletter

MARCH 2010

We cannot be prouder of all of our clients at GFP. So many have been so dedicated and we are so excited to see so many people achieving their goals. Keep up the great work everybody!

We have added some new videos to our YouTube page, so [click here](#) to take a look

ACR,
Vince

Fat Blast Boot Camp

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

New session runs April 12th - June 19th

Free Trial Class

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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

Saturday April 10th @ 12 noon
Call 908-464-4441 to register

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

ULTIMATE SUMMER 2010

Middle School and High School Summer Programs

- June 28th - August 28th
 - Classes run Monday through Thursday
 - Call 908-464-4441 to reserve your spot now
-

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.

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
Jean Kingsley



Jean has been with us since the early days and is always representing GFP. Jean is a busy mom of 4 and still manages to get here 4x a week. Jean came to us in great shape already and has managed to bring it up to an even greater level. A student of fitness, Jean is always interested in what she is doing and always looks to make the most out of her gym time. Jean has been so great to us and we very much love when she comes to workout. Keep up the great work Jean.

ATHLETE OF THE MONTH
Frankie Papparatto



[CLICK HERE TO JOIN OUR TEAM](#)

Stop All Those Sit-Ups and Crunches!

Here at GFP we always stress ways to spare the spine to keep your lower back healthy. One of the best ways is to eliminate excessive crunches and sit-ups from your program.

Our athlete performance and fitness programs have been strongly influenced by Dr. Stuart McGill, one of the leading spine researchers in the world.

Check out this video to here some great information from the man himself. As many of you will notice, most of the exercises in this video are performed on a daily basis by our athletes and fitness clients. Enjoy!

[CLICK HERE TO SEE DR. MCGILL](#)

Exercise of the Month: *Plank Rotations*

A great exercise for improving core stability. This is definitely not a beginner exercise and several weeks of basic front planks should precede this drill to develop a stable core. Assume a plank position with the nose over the thumbs. If rotating towards the right, contract the left Lat and rotate. Do not let your butt shift



Frankie has turned it on the past few months. He is motivated to contribute to the highlander football team next year and has shown it during his training. Frankie has not let a sprained ankle keep him out from training. Despite being sidelined from most of our speed and agility work, Frankie shows up with a great attitude ready to work hard on his upper body. Keep up the great work Frankie!

FAT BLASTER OF THE MONTH Meg McDonald



Meg has been the picture of consistency for over a year now. Meg joined us In November of 2008 and has been going stronger each Month. Some people tend to lose focus and

first, instead lock the pelvis on the ribcage and maintain it through the entire movement. Perform 3 sets of 5 reps/side.

[Click HERE to see Plank Rotations](#)

intensity after such a long period, but not Meg. It seems she wants more and everything about her training has gotten better. She even has added a third day of Pilates with Vanessa. Keep rolling strong Meg!

MIDDLE SCHOOL ATHLETE OF THE MONTH
John Ollom



Johnny has been a MSAD student for almost an entire year and his transformation in his athleticism has been extraordinary. John is always ready to go and up for a new challenge. He has inspired many of our other MSAD students to work hard and keep a positive attitude.

Quick Links

[Register Now](#)

[Testimonials](#)

[GFP on YouTube](#)

Bolt of the Month

"Life is like a baseball game, when you think a fast ball is coming, you have to be ready to hit the curve."

Contact Information

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