

**GABRIELE**  
FITNESS & PERFORMANCE



## RACE TO THE FINISH

We have passed the halfway point of the Biggest FAT Loser Competition and based on the numbers, it will certainly come down to the wire.

GFP Newsletter

MAY 2010

We are wrapping up our Spring training programs and gearing up for a crazy summer. The summer kicks off with the final measurements of our Fat Loss Competition, the winners will be announced in our next Newsletter.

Dr John Hurley and I are teaming up to present an ACL injury prevention clinic on June 21st. The interest has been huge so be sure to reserve a spot, See details below

We have added some new videos to our YouTube page, so [click here](#) to take a look. We are also now on facebook, so click here to see us 

ACR,  
Vince

There are only a few spots left in our

In This Issue

ACL CLINIC  
FAT LOSS

ACL Clinic  
**E-MAIL NOW TO  
REGISTER**

[info@gabrielefitness.com](mailto:info@gabrielefitness.com)

[WWW.GABRIELEFITNESS.COM](http://WWW.GABRIELEFITNESS.COM)

Female athletes are 6 times more likely to suffer  
an ACL Injury than male athletes

**PREVENT PROTECT RECOVER**

**FREE**

# ACL CLINIC

For the Female Athlete

Monday,  
**JUNE 21 · 8PM**

Seminar Presented by

**DR. JOHN HURLEY M.D.**

and

**VINCE GABRIELE M.S, YCS-2**

Hosted By:



20 Locust Avenue  
Berkeley Heights, NJ 07922

**Space is limited**

**Registration Required:** Email  
[info@gabrielefitness.com](mailto:info@gabrielefitness.com) to  
reserve your spot

SUMMER TIME

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

Jean Marriott



Jean has been training with us for several months and has done an awesome job in both our Fat Blast Boot Camp and Fitness Coaching sessions. She is always smiling in the gym and enjoys our intense coaching style during her sessions. Jean has made tremendous strides in her strength, body composition and overall fitness. Good work Jean, keep it up!

**ATHLETE OF THE MONTH**  
**6:30 Off-Season Crew**

## 2 Simple Steps to Stimulate Fat Loss

Tom Langton, CSCS

I wanted to take a minute and discuss 2 major components of fat loss that often go over looked. I always get a ton of great questions regarding fat loss, everything from what supplements work best, to how many grams of protein per day you should get and even meal timing, to name a few. But there are two important variables that you can adjust very easily and can make a huge difference in your body composition. They are **HYDRATION** and **SLEEP**. You need to focus on fixing the large, underlying problems, before you try to fine tune your supplementation or workouts.

**1- HYDRATION-** Drinking water (not a calorically dense drink or diet soda) has a list of benefits so long, I couldn't fit them all on here. However one the most important benefits is detoxification. Adequate amounts of water will help your body flush many of the toxins out that we ingest on daily basis. Proper hydration will also be a great benefit to your workouts. For those of you who have tried intense exercise in the morning, without drinking anything, can attest to and if you have not, I DO NOT recommend it.

-A simple way to tract your hydration levels without getting too scientific is by looking at your urine. If you are peeing clear and odorless, your hydrated. If there is any color and odor to your urine, your hydration is not up to par. (Also a great tip for your young athletes competing in the heat)

- You do not need to carry around a gallon of water with you all day long. Just make sure you are sipping on water as often as possible and drinking plenty with all of your meals.

- **WARNING** - Increased hydration levels may raise your weight at first because of water retention. But do not sweat the number on your bathroom scale, your goal is **FAT** loss, not weight. Your body will adjust to the increased water levels after a few days (so do not freak out and call me at 6am because you gained 2 pounds overnight, everything will be fine)

**2.) SLEEP-** This one should go without saying, but the majority of you do not get anywhere near enough sleep. I recommend 8-10 hours of sleep, so when your done rolling your eyes at the screen and keep reading, I'll say 7 hours should be the bare **MINIMUM**. Like hydration, the list of benefits to getting enough quality sleep is too long to get into.

- Just remember that you do not build muscle (A goal you all should have) while your awake. The killer workouts you have all been doing only break your bodies down. The recovery and growth happens when your dreaming, not in the gym.

-As I stated above, **QUALITY** sleep is the key. Try to eliminate anything that can keep you up or cause added stress. (ie- TV, bright alarm clocks and loud neighbors). Also try to darken your room as much as possible. Close the shades and cover up any artificial light sources, even the light on your cable box can interupt a good nights sleep. Turn your room into the bat cave (remember how good Adam West looked in those tights?)

So before you start searching for all the little secrets to fat loss, you need to fix some of the big issues. Hydration and Sleep are two huge ones and can be fixed pretty easily.

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## **SUMMER PROGRAMS** **AT GFP**



**The GFP staff has a special place in our hearts for all lineman and meatheads and as you can see, this groups fits that mold. They bring an unmatched intensity into the facility 3 days a week and every memeber of this group has Improved more than we can say. Pictured above are Jake Watters, Andrew Romeo, Robert "Bear" Stearns, Tony Manganello and Matty O'Sullivan (Not pictured- Scotty Anderson)**

### **FAT BLASTER OF THE MONTH** **Maureen Pergola**



**Maureen has been a Fat Blaster for over a year and has made amazing progress in that time period. She brings a great energy into the "hardcore" tuesday/thursday 9am group. Keep smiling and working hard Pergola, great job!**

**MIDDLE SCHOOL ATHLETE OF THE MONTH**  
**Mario Argenziano**

# High School Speed, Strength and Conditioning Camp

Camp Runs 9 weeks - June 28th - August 28th  
Choose your weeks

[Click HERE to see our High School Program](#)

# Middle School Athletic Development

Camp Runs 9 weeks - June 28th - August 28th  
CHOOSE YOUR WEEKS

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

# Fat Blast Boot Camp Special Summer Schedule!

Call and Reserve your dates NOW, classes will fill  
quickly!

[Click HERE to see inside a Fat Blast Class](#)



Mario is a long time MSAD athlete and has worked his tail off since the first day he walked into the facility. He is the son of former FCOM Nick and the apple does not fall far from the tree. His love for competition shows in every session and he is always looking to improve. He has also been a standout football player for the New Providence PAL and is killing it on the LAX field for the Chiefs. Good work Mario!

## Quick Links

[Register Now](#)

[Testimonials](#)

[GFP on YouTube](#)

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**Exercise of the Month:**

## **TRX Row**



A great exercise for improving Upper Body strength and core stability. This exercise is used by ALL of our clients, from our youngest athletes to our oldest fitness clients. The resistance level can be adjusted simply by increasing or decreasing your body angle.

To perform the TRX Row, have a firm grip on the handles and get your body into a straight line from your heels to the top of your head. Keep your abs tight and glutes squeezed to maintain your body position. Pull yourself up, driving your elbows back and pinching your shoulder blades together. Then slowly lower yourself down until your arms are straight and repeat.

**[CLICK HERE TO CHECK OUT  
THE TRX ROW](#)**

**Bolt of the Month**

**"Never mistake activity for achievement"  
- John Wooden**

### **Contact Information**

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**GABRIELEFITNESS.COM**

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