

GABRIELE
FITNESS & PERFORMANCE



GFP regular Jim Bistis (right) with former #1 Golfer in the world Nick Price. Jim recently won the the Longest Drive Competition at the ADP outing at Somerset Hills.

GFP Newsletter

October 2009

We had a great October that marked over one full year of operation at Gabriele Fitness. We had our one year anniversary party last week and despite a very rainy night, had over 200 people come by to celebrate. I would like to thank all of you who took the time out of your weekend to come and celebrate. We are looking forward to many more years of your success stories.

ACR,
Vince

GFP Clients doing Great things in October

- Congratulations to **Jim Bistis** for winning th ADP outing Longest Drive competition last Month. Jim has been with us forever and continues to get after it.
- Congrats **Barb Marshall** for completing the NYC Marathon. Barb trained very hard for this and we are very proud of her for this great accomplishment.
- Congrats to the New Providence 8th grade football players for making the all-star team: **Jeff Doran, Marc Giacolone, Jeremy Hines and Sean Kreder**. All of these boys have been and are currently in our Middle School athletic Development Program and our Smart Beast programs for the last two years.

- Congratulations to **Brian Duffy** for getting his Elk.

- Congratulations **Diane Carr** for running her 10th 5k in the last 6 months. She had never ran more than a mile before that!

- Congratulations **John Dalessio** for setting an American record in powerlifting this month. John put up the best raw numbers of his career. Bench Press: 319, Squat 418, Deadlift 508 at a bodyweight of 165.

FREE TRIAL CLASSES AT GFP

Middle School Athletic Development

Saturday Dec. 19th at 12:00pm

Fat Blast Boot Camp

Monday December 21st 9:00am

Tuesday December 22nd 9:00am

Winter Programs at GABRIELE FITNESS AND PERFORMANCE

FAT BLAST BOOT CAMP

14 WEEKS January 4th - April 3rd

Turn your body into a fat burning machine!

Offered Monday through Saturday 2 or 3 day/ week options

[Click HERE for more Details](#)

MIDDLE SCHOOL ATHLETIC DEVELOPMENT

17 WEEKS January 4th - April 3rd

Co-ed camp is specifically designed for Middle School (ages 10-13) athletes looking to improve their athletic performance. Speed & Agility, Coordination and balance, Increased relative body strength, Responsibility

Choose any 2 or three days :

5th & 6th Grades Monday through Friday at 4:30
Saturday 9 am

7th & 8th Grades Monday through Thursday at 5:30
Saturday 10 am

[Click HERE for more Details](#)

In This Issue

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

Chris Walker



Chris has been training with us since January and has seen tremendous results. Chris trains with us

HIGH SCHOOL ATHLETE PERFORMANCE TRAINING

13 weeks November 30th - February 26th

ULTIMATE IN-SEASON

- Weight training 2 times per week has been proven to maintain your strength, speed and power over the course of a long grueling season. Two sessions a week in the weight room will be all you need to keep your performance at a very high level.

Held Tuesdays and Thursdays at 7:30 PM

[Click HERE for more Details](#)

ULTIMATE OFF-SEASON -

We have designed a specific Off-Season Strength, Speed and Conditioning Program to have you at the top of your game when the season rolls around. The first portion is dedicated to Speed and Agility and the second portion to Strength and Power.

[Click HERE for more details](#)

Pre-Holiday Nutrition Tips

With the holidays around the corner it is time to take some preventative strategies with your nutrition. Trying to be perfect with your nutrition may be a big mistake. Very few people will be able eat right 100% of the time. Realize that you are human being and there will be times you will want to have a few slices of pizza or eat a piece of apple pie. We encourage you to do this, but it is very important that you do not go crazy. Being perfect all the time will not make a huge difference but being 90% all the time in this case will definitely get you to your goals.

1. Plan to break the rules about 10% of the time- If you eat 5 meals per day for 7 days a week that totals 35 meals. This means that that 4 meals out of the 35 you should eat what you want and ignore the rules. We do not recommend going to the all you can eat Chinese buffet Monday- Thursday for dinner. Spread them out and always make sure that you precede and follow one of these meals with a healthy meal.
2. Going out to dinner? When you know you are going to your favorite restaurant for dinner make a conscious effort to eat perfectly leading up to the meal. Do not eat nothing! This will only cause you to overeat even more. Follow your regular nutrition program leading up to the meal. It might also be wise in increase your exercise intensity that day to give your metabolism a boost and help your body burn more calories. It may also help to increase the intensity of your workout on this day.

three times a week on top of a hectic work schedule and two small children at home. Chris, a former D-1 lacrosse player, brings a great work ethic and intensity into every Training session and is constantly looking for another challenge. His current challenge is crossing a 300lb bench off his bucket list and he is getting closer everyday. Keep working C-Walk.

ATHLETE OF THE MONTH Ryan Howard



Ryan started with us last spring and came in as a skinny kid that had never touched a weight in his life. 5 months later he is a new man that has shown incredible dedication to becoming a better athlete. He always has a positive attitude and is always ready to go. He has been preparing for his winter and spring track seasons very hard and we cannot wait to see the heads turn when Ryan gets on the track.

FAT BLASTER OF THE MONTH Jenny Conover



Jenny is one of the originals from our first Fat Blast class ever. She has been incredibly consistent for the past year and has shown a great transformation. Jenny chases around two little girls all day and still manages to get here for Fat Blast 3x a week. Her

3. Write it Down! Probably the best strategy to keep track of your nutrition program is to keep a food journal. This will help keep you accountable and will also tell you when it is time to break the rules. Go out and buy a food counter book (If you have an iPhone there is an application for one) These books will tell you the exact amount of calories, fat, protein and carbohydrates for every piece of food on the planet. Once you do this for a few weeks it will be very easy to see if you are on track.

Follow these steps and find yourself ahead of the pack. The holidays are a time where many people gain weight, use these strategies to not be one of them.

Exercise of the Month: Wall Adductor Stretch



Hold this stretch for 1-2 minutes. Slowly let your legs get wider as you hold the stretch.

husband Jim is also a former client of the month that continues to get great results. Jenny is a trooper that is always up for a challenge. Keep up the great work Jenny we are very proud of you!

MSAD ATHLETES OF THE MONTH

Jeff Doran



Jeff was in the first ever GFP youth program. This was a program that had 3 kids in it back in 2007 and Jeff has been with us ever since. Jeff is a great example of what consistent training can do over a long period of time. He is dominating out on the football field and is now starting to lift weights in our Smart Beast program where he is doing a tremendous job. Jeff has really grown over the years both physically and mentally. We are very excited to see him take the field for the Pioneers next year.

Quick Links

[Register Now](#)

[Testimonials](#)

[GFP on YouTube](#)

Bolt of the Month

"Never Let your head hang down. Never give up and sit down and grieve. Find another way. And Dont pray when it rains if you don't pray when the sun shines"

-Satchel Paige

Contact Information

Gabriele Fitness and Performance

20 Locust Avenue
Berkeley Heights NJ 07922

908-464-4441

info@gabrielefitness.com

GABRIELEFITNESS.COM

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