



The Fitness Zone Community Newsletter

www.njg-fitnesszone.com

"The dictionary is the only place that success comes before work. Hard work is the price we must pay for success."

-Vince Lombardi

Welcome Remy!

The staff at Fitness Zone would like to welcome REMY FENIELLO, the newest addition to our family. As one of the principle owners, Remy brings a body of knowledge in the areas of fitness center management, nutritional counseling, personal training, sales, and promotions to the already wonderful team at Fitness Zone. Remy has over 10 years of nation-wide experience in helping promote various gyms all over the country. He is a model/actor that has been on the cover of Muscle and Fitness twice, as well as on the covers of numerous other publications, including AXL, ProSource, Natural Muscle and Physical Magazines. Remy has also done special editorials for M&F and other magazines, created work out videos, and maintains a website where his fans and supporters can contact him for workout or diet tips. He has made several appearances on Saturday Night Live, Conan O'Brien and Guiding Light. Remy has also traveled around the world doing photo shoots with elite NYC photographers and maintains good relationships with everyone in that industry. In addition to that part of his life, Remy is also a very successful pharmaceutical sales representative for Novo Nordisk Pharmaceuticals, dealing primarily with diabetes medications and research. Remy uses his background in health, fitness and nutrition to help give doctors insight on managing their patients with diabetes. Remy's family life is also very full. He has been married for 4 1/2 years to his high school sweetheart, Tiffany, and they have a 2 year old son, Remy Antony, together. In June, Remy, Tiffany and Remy will welcome a second baby into their lives. Remy and his family are very excited to become part of the Fitness Zone Family. With hard work, dedication, and some new innovative ideas, Remy hopes to bring some new insight to the daily happenings, as well as provide groundwork for a very successful and prosperous future. Remy's motto in life has always been, "If you work hard and live well, anything in life is possible." He will bring that same positive outlook on life to the gym and to all the dedicated members and staff that make Fitness Zone such a wonder-

**Volume 5
January**

January 2009

Business Hours:

**Monday/Friday
5am to 10pm**

**Sat/Sunday
7am to 4pm**

Kid Zone Hours:

**Monday/Friday
8:30am to 1:00pm
4:00am to 8:00pm**

**Saturday
8am to 1pm**

**Sunday
8am to 12pm**

Gift Certificates are available for any services offered at Fitness Zone. Please ask at the front desk for details.

DID YOU KNOW.....?????



Do you need help reaching your 2009 New Year Fitness Goals? Working out with a Personal Trainer is a great way to keep you motivated and get you on the right track!

Did you know....

... A **HEART RATE MONITOR** is the ideal method to keep track of your workout efforts. Whether your goal is to lose weight, train for a race, improve your endurance, etc. a heart rate monitor is the perfect tool!



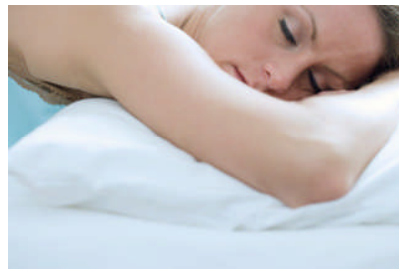
Department News

Personal Training:

Our Personal Training department is happy to announce 3 new trainers, **Valerie Mayerson**, **Maggie Grubbs**, and **Wioleta Tuscillo**. Welcome to the team!!!

Group Fitness: Come take part in our new Winter schedule! Check out Master Instructor, Vin Iyer's new step class or come take her innovative and refreshing Dance Stretch, both Wednesday nights beginning January 19th. Also, our own exceptional trainers, Kahlil Carmichael and Joanne Lipman will both offer two personal training based classes on the new schedule. Kahlil's Cardio Sculpt and Joanne's Women on Weights are both a new and exciting way to get personal attention in the group exercise room!

Look for these and more exciting new offerings on the newest group exercise schedule!



Mind, Body and Spirit

Sweet Dreams

A recent study found that more people are sleeping less than six hours a night, and sleep difficulties visit 75% of us at least a few nights per week. A short-lived bout of insomnia is generally nothing to worry about. The bigger concern is chronic sleep loss, which can contribute to health problems such as weight gain, high blood pressure, and a decrease in the immune system's power.

Six Reasons Not To Skimp On Sleep

- 1. Learning and memory:** Sleep helps the brain commit new information to memory through a process called memory consolidation. In studies, people who'd slept after learning a task did better on tests later.
- 2. Metabolism and Weight:** Chronic sleep deprivation may cause weight gain by affecting the way our bodies process and store carbohydrates, and by altering levels of hormones that affect our appetite.
- 3. Safety:** Sleep debt contributes to a greater tendency to fall asleep during the daytime. These lapses may cause falls and mistakes such as medical errors, air traffic mishaps, and road accidents.
- 4. Mood:** Sleep loss may result in irritability, impatience, inability to concentrate, and moodiness. Too little sleep can also leave you too tired to do the things you like to do.
- 5. Cardiovascular health:** Serious sleep disorders have been linked to hypertension, increased stress hormone levels, and irregular heartbeat.
- 6. Disease:** Sleep deprivation alters immune function, including the activity of the body's killer cells. Keeping up with sleep may also help fight cancer

*Source: Harvard Health Publications

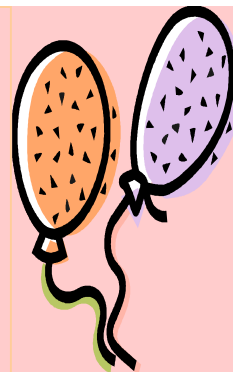


Fitness Zone Birthday Parties

Book your party now!

Your child and their friends will spend an hour with a Professional Trainer learning the importance of fitness thru the fun of dance, kick boxing and so much more! We will customize the party to suit your child's desires. For additional information please contact

Adrienne McNulty at 609-426-0700.



GNC of east Windsor is now offering **Fitness Zone** members a **15%** discount with your **Fitness Zone swipe card!!**

Cannot be combined with other GNC promotions.

The Biggest Winner #4 Starts Monday February 9th!!!

This is a 12 week weight loss program that has been very successful. Lose weight, gain strength, make new friends, learn new exercises and eating habits are just a few benefits you will get from this program.

SIGN UP NOW!!!

Ask a staff member for details!!



A Tasty Healthy Recipe

Ingredients

With its sweet "Melting Snow" coating, this mix is a great snack for a spring outing

3 cups pretzel sticks

1 1/2 cups corn cereal (we use Crispix)

3/4 cup pecan halves

1/2 cup cashews

1/2 cup dried cranberries

12 ounces of white chocolate

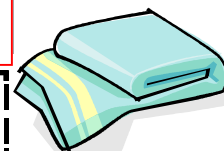
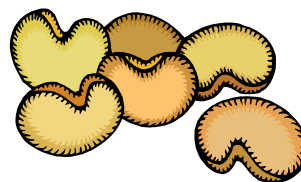
Preparation:

1. In a large bowl, mix together the pretzel sticks, corn cereal, pecans, cashews, and dried cranberries.

2. Melt the white chocolate according to the package directions and slowly pour it over the mix, stirring gently.

3. Scoop the mix onto wax paper to cool, about 20 minutes, then break it into bite-size clumps.

Makes about 10 cups.



Fitness Zone

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**"Unless
you puke,
faint, or
die...keep
going!"**

- Jillian
Michaels, The Big-
gest Loser

**DON'T LET YOUR
SUMMER TAN
FADE AWAY!**

*Come and check out
our "SUN
DOME". A unique
stand-up bed that is
a quick 10 minute,
no contact tanning
session.*

*We have a variety of
packages and lo-
tions to offer.*

Let our experienced staff help you...



Are you meeting your fitness goals?



Any member can get a re-evaluation to help you stay on track! Secure your appointment at the front desk today!



Member Services

Did you know that it's possible to get monthly dues of \$15? Refer a new member and we will give you the option of \$15 dues for the next billing month or a \$25 voucher towards services.

Have a billing question? Contact Luci Caruso for all your billing concerns at (609) 426-0700

Announcements

- ◆ We will be having an **OPEN HOUSE** on **Saturday, January 31st from 9am-3pm!!!** Come welcome new partner, Remy Feniello to the Fitness Zone Family and enjoy personal training Specials, Pro Shop Specials, FREE Group Personal Training Sessions, FREE Nutrition Advice, FREE Chiropractic Consultations, FREE Nutritional Supplements, FREE Chair Massage, Complimentary Refreshments, Live Music...and more! Don't miss it, bring a friend!
- ◆ By now, you have probably noticed the new upgrades that have been added to the gym. Some of those include: **2 new Plasma TV's on the Weight Room Floor, a new Plasma TV in the Kids Zone, Additional Mirrors, A new Step Mill for the Cardio Room, the addition of sports supplements to the Pro Shop, New and Enhanced Group Exercise Schedules with Additional Classes..and much more to come!!!**
- ◆ Stop in and meet our new Massage Therapist, **Jennifer Stern!** Jennifer graduated from Health Choices Massage School in the Spring of 2002. She received training in Integrative Massage Therapy which is a technique that incorporates various modalities such as Swedish Massage, Acupuncture, Deep Tissue Work, and Stretching to create a session that is tailored to the individual's specific needs. See the front desk for details and to set up an appointment today!

Our Staff

Liz Katawick - General Manager
Luci Caruso - Billing Manager
Lori Parkhurst - Personal Training Manager
Lisa Pena - Group Exercise
Sam Rossi - Front Desk
Valerie Mayerson - Member Services
Adrienne McNulty - Kid Zone