

Berkeley Heights

COMMUNITY NEWS NJ

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“WOOFSTOCK” FESTIVAL WAS A HOWLING SUCCESS

Home For Good Dog Rescue

Berkeley Heights-based Home For Good Dog Rescue recently held WoofStock 2021, a two-day, fun-filled music, craft and dog adoption festival at Brook Valley Farm on Loantaka Way in Chatham, which is on the Historic Register and dates back to 1853.

WoofStock was modeled after the Woodstock music festival that was also held on a farm back in 1969. More than one thousand dog lovers and their furry friends, along with dozens of dedicated volunteers, spent the weekend soaking in the perfect weather, dancing and enjoying great music, eating brick oven pizza, tacos, barbecue, hot dogs and other delicious fare. The soundtrack for the weekend was provided by popular New Jersey Bands Brian Kirk and the Jirks, The Nerds and Supermutt. Competitions were held for the dogs such as the longest ears and longest tail contests. Each day one dog was selected as Mr. or Ms. WoofStock. Many of those in attendance sat down with their dog for a great family portrait by renowned local photographer Jenn Mount.

The success of the event provided much-needed funds to enable Home For Good to continue their mission of saving dogs from high-kill shelters in the South. Watch for WoofStock 2022 coming next September.

ABOUT HOME FOR GOOD DOG RESCUE

Home for Good Dog Rescue is a 100% foster-based, non-profit 501(c)(3) dog rescue established in 2010. We socialize, care for, and provide rescue dogs with life-saving medical care at our Wellness Center in Aiken, South Carolina, transport them to New Jersey, and nurture them in our network of foster families while they await adoption into loving homes - giving them a second chance at life.

We have rescued over 9,500 dogs from deplorable and dangerous environments, including high-kill shelters, hoarding situations, and abusive conditions, such as in-breeding and puppy mills, neglect and abuse. We give hope and purpose to the dogs we save and the families who have been enriched through fostering and adoption. For more information visit homeforgooddogs.org.



(above) WoofStock 2021 was a fun-filled weekend at Brook Valley Farm.

Photos by Home For Good Dog Rescue



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SALON SERIES KICKS OFF OCTOBER 3

Wharton Institute for the Performing Arts

Berkeley Heights News is published by Renna Media. 4,800 newspapers are printed monthly and mailed to every business and resident in Berkeley Heights.

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4,800 papers are printed monthly and mailed to every home and business in Berkeley Heights.

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Wharton Institute for the Performing Arts (WIPA) kicks off its Salon Series on Sunday, October 3 at 3:00 p.m. at the Performing Arts School located at 60 Locust Avenue in Berkeley Heights. Resuming in-person programming for the 2021-22 season, cabaret-style seating on stage with the performers in the Wharton Black Box Theater serves as the setting for an intimate concert featuring flutist Natasha Loomis and pianist Ryan Bridge. Loomis, Conductor of Flute Ensembles at the New Jersey Youth Symphony, and Bridge, piano faculty at Wharton's Performing Arts School, are both versatile performers as well as passionate music educators. Works to be performed include William Grant Still's Summerland and Mother and Child, Dora Pejačević's Sonata for Flute and Piano, selections from Nikolai Medtner's Forgotten Melodies, Op. 38, Ian Clarke's Touching the Ether, and Henri Dutilleux's Sonatine for Flute and Piano. Mask and proof of Full Vaccination Card required at the door.

The Sunday afternoon series continues on November 14 with Two Pianos, Eight Hands featuring Ryan Bridge, Po-Wei Ger, Diana Lin, and Eric Olsen and concludes on December 19 with Mr. T and the Next Wave jazz quartet.

Tickets are \$12 for adults, \$6 for seniors, and free for Wharton Institute for the Performing Arts students. Tickets are available online or at the door. For full concert details, visit WhartonArts.org.

The Wharton Institute for the Performing Arts' mission is to offer accessible, high quality performing arts education that sparks personal growth and builds inclusive communities.

Wharton is New Jersey's largest independent non-profit community performing arts education center serving over 1,500 students through a range of classes and ensembles including the 15 ensembles of the New Jersey Youth Symphony, which serve 500 students in grades 3 – 12 by audition. Beginning with Pathways classes for

young children, Wharton offers private lessons, group classes, and ensembles for all ages and all abilities at the Performing Arts School. With the belief in the positive and unifying influence of music and the performing arts and that arts education should be accessible to all people regardless of their ability to pay, Wharton teaches all instruments and voice and has a robust musical theater program. Based in Paterson, New Jersey, the Paterson Music Project is an El Sistema-inspired program of the Wharton Institute for the Performing Arts that uses music as a vehicle for social change by empowering and inspiring children through the community experience of ensemble learning and playing.

Wharton Institute for the Performing Arts is located in Berkeley Heights, New Providence and Paterson, NJ and reaches students from 10 counties. All of Wharton's extraordinary faculty members and conductors hold degrees in their teaching specialty and have been vetted and trained to enable our students to achieve their personal best.



(above) Flutist Natasha Loomis and pianist Ryan Bridge perform on Sunday, October 3 at 3:00 p.m.

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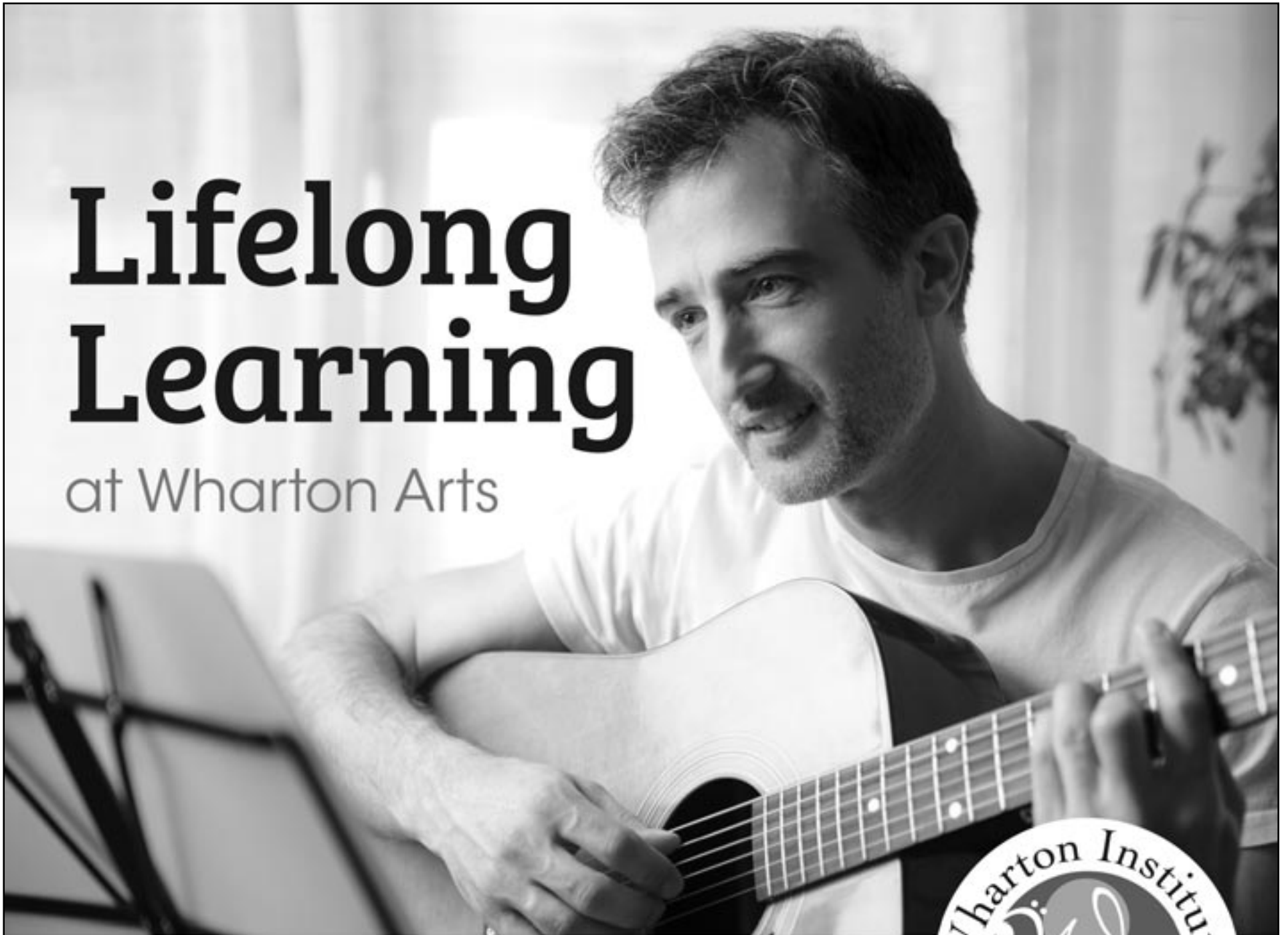
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BHPD TRUNK OR TREAT NEW PROVIDENCE STREET FAIR – SUN., OCT. 24

Berkeley Heights PBA # 144 invites the children of Berkeley Heights to join us for a Trunk or Treat event on Saturday, Oct. 23rd. (At press time the event location was not available. Please visit Berkeley Heights PBA #144 on Facebook for event location.)

Come in costume and go trunk to trunk to collect treats.

Please arrive at 11:30 a.m. to decorate the trunk of your vehicle. Trunk or treating will start at approximately 12 p.m.

Families who wish to trunk or treat must decorate their trunks and leave treats for the other participants.

Keep in mind that treats should be safe for small children.

Please follow all Covid 19 social distancing rules and refer to the Berkeley Heights PBA #144 Facebook page for changes to this event.

The New Providence Street Fair will be held in downtown New Providence on Sunday, October 24, on Springfield Avenue, between South Street and Livingston Avenue, from 10 a.m. – 4 p.m. Hosted by New Providence Business, the fair promises a day of fun for the entire family! The streets will be filled with various exhibits, vendors, and activities.

There will be a special section brimming with all kinds of family fun stuff to do. There will be

mechanical kiddie rides, climbing wall, pony rides, petting zoo, face painting, sand art, temporary tattoos and so much more!

There will be live entertainment all day long featuring bands, dancers, karate demonstrations and more.

This event brings the whole community together. Many of the local merchants and businesses will showcase their shops and offer special sales. Everyone will surely enjoy the wide selection of delicious foods such as empanadas, sausage and peppers, cheesesteaks, gyros, chicken fingers, French fries, shish ka bobs, specialty grilled cheese sandwiches, crab cakes, fresh squeezed lemonade, Italian ices, kettle corn, zeppoles, fried Oreos and much more!

The event will also offer food from local establishments and a showcase of business community members. Local non-profit organizations will showcase their good works.

There will also be many creative crafters showcasing their hand-crafted works, and merchandise dealers offering lots of great bargains and unique items for all.

The New Providence Business Community is expecting to attract thousands of people from the community and other neighboring towns. Come and enjoy the fun in New Providence!

For additional information contact event organizer JC Promotions, events@jcpromotions.info or 201-998-1144.



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FALL SENIOR PROGRAMS

The Recreation Department continues to offer a variety of programming for seniors including exercise and everyone's favorite - BINGO! Exercise classes are held at the Municipal Complex in the Multi Purpose Room on the Lower Level. Please sign up to receive updates directly from the Recreation Department and please register with the Recreation Department before attending programming (recreation@bhtwp.com or 908-464-0550). Masks must be worn during all indoor events.

BINGO

MONDAY: 10:00-11:00 a.m.!

New location - Municipal Complex, 29 Park Ave.

In-Person Exercise Class

WEDNESDAY: 10:00-10:45 a.m.

Municipal Complex (Must call or email Rec office to register each week)

In Person Exercise Class

FRIDAY: 10:00-10:45 a.m.

Municipal Complex (Must call or email Rec office to register each week)

If you or any senior you know are interested know any senior interested in joining our programs, please email the Recreation Department (recreation@bhtwp.com or 908-464-0550). They will add you to their email list.

The Recreation Department is offering the following free programs for Seniors this fall:

HICKORY TREE CHORUS HOSTS OKTOBERSINGFEST 2021

Love singing? Come sing with the Hickory Tree Chorus on Wednesday evenings in October from 7 to 9 p.m. OktoberSingFest singing workshops are free and will be held via Zoom or in person for fully vaccinated members and guests as covid safety protocols permit. Participants will learn more about chord-ringing, fun-filled, four-part harmony. Broadway, Beatles, and more!

Hickory Tree is an award-winning women's

chorus singing four-part a cappella harmony in the barbershop style. We are passionate about music, performance, fun and friendship. We believe every voice counts and encourage women singers of all ages, colors, ethnicities, and orientations to visit us and share our joy of music.

Please register for OktoberSingFest by email info@hickorytreechorus.org or call 908-377-1399. More information can be found at hickorytreechorus.org.



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Nathan Weiser
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Thank you Spring Grove for a wonderful and pleasant stay.

Charles Sherrick
★★★★★

I have been at Spring Grove for a few weeks now, they have exceptional service and excellent staff. All the nurses have been professional and attentive to all my needs. I never thought a rehab center can have such a beautiful layout and well put together. The newly renovated room I have stayed in, is up to date and extremely clean. The therapy staff have gone above my expectations with their expertise and getting me to where I am today. Alyssa the social worker has gone above and beyond with all her assignments.

Thank you Spring Grove.

Chrissy Sloan
★★★★★

The nursing staff and administration is professional, patient, attentive and understanding. The facilities are very clean and well maintained. My parents room is always clean and tidy. Although it was a difficult decision to make relocating my folks from a home environment to a senior living facility, Spring Grove made my decision easy.

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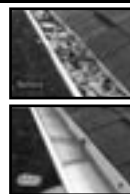
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FLINTLOCKS RUN CUB SCOUT WOOD TOOLS BADGE PROGRAM



(above) A happy family with completed bird houses



(above) Bob Pysher instructing the scouts on tool use and safety

Submitted by Dr. D. Michael Hart

the Flintlocks BSA, Inc. ran the Cub Scout Wood Tools Program at the Watchung Mountain District Spring Cub Family Camporee at Boy Scout Camp Winnebago in Rockaway, NJ this spring.

Fifty-three Cub Scouts earned a Woodcraft badge by learning about how to use wood tools, safety measures, and building a small bird house. The program starts with one of the Flintlocks explaining how to use wood tools properly and important safety measures. After the Cub Scouts build their bird house, they may practice using screwdrivers and a coping saw. The parents work with the children, and the Flintlocks offer guidance.

The Camporee has many different activities, including Archery, Batting cages, BB guns, First Aid Classes, and Fishing Derby, Climbing wall, Basketball, Volleyball, a 2-mile Hike, Rockets and Catapults. The shooting sports programs have NJ State Certified Instructors. Since it is a family camporee, and since girls may now join scouts, entire families may enjoy the fun, and the scouts earn various badges. Attendance at the camporee was 150 scouts with an equal number of parents. This was one of the first big events at the scout camp since the shutdown

over a year ago.

The Flintlocks BSA, Inc are a group of 27 retired scouters who volunteer every week all year round to help the scout camps of the Patriot's Path Council. They are incorporated as a separate 501c3. Facebook page is "Flintlocks". They do maintenance at the camps, build cabins, tent platforms, picnic tables, etc. In 2018 they built a STEM lab classroom for scientific related merit badges. The members also volunteer to help the scouts with various programs throughout the year. The Flintlocks purchase lumber from a lumber mill, then make the parts for the craft kits in their wood shop which are sold at the Council Scout shops. Bird houses have the bottoms attached with screws since a mother bird wants to build a new nest every year. The old nest needs to be cleaned out in the fall so a new family can start over again in the spring.

The Watchung Mountain District of the Patriot's Path Council, Boy Scouts of America serves the communities of: Berkeley Heights, Fanwood, Garwood, Gillette, Long Hill Township, Meyersville, Millington, Mountainside, Murray Hill, New Providence, North Plainfield, Scotch Plains, Stirling, Summit, Warren, Watchung, and Westfield.



(above) The five Flintlock volunteers Chuck Hoeckele, Bob Pysher, Jeff Huppert, Frank Wallace, and Dr. D. Michael Hart.


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UNION COUNTY ANNUAL DAY OF PRAYER - OCT. 6

As the nation continues to reckon with the effects of the COVID-19 pandemic, the seventh annual Union County Day of Prayer will serve as "A Memorial Service to Those in Our Memory" on Oct. 6.

The event will be held at 7 p.m. at Holy Trinity Roman Catholic Church in Westfield and is sponsored by Union County Interfaith Coordinating Council and Community Access Unlimited.

The annual Day of Prayer brings the community and leaders of different faiths together for an evening of music, prayers of unity and reflective readings. UCICC works to build bonds within the interfaith community and promotes the respect, inclusion and welcoming of others at houses of worship.

"We cannot do justice to all of the lives that have been taken from us at the Union County Day of Prayer on Oct. 6th, but we can begin to do so together," said Pastor Carmine Pernini of Zion Evangelical Lutheran Church in Rahway. "We can take a few small steps to appreciate the gift that is the life we have yet to live together by honoring those loved ones, those impossible times we have made it through, and those trials that have forged who we are and will be from this side of the pandemic."

The event includes speakers, musicians and readers representing major Abrahamic and Indian religions; among the performers scheduled are students of the Muslim Community Center of Union County and Eliezer Almonte of Comunidad Cristiana in Elizabeth. Masks are required and attendees will observe social

distancing.

UCICC works closely with Community Access Unlimited to promote accessibility in the local faith community for individuals with developmental disabilities. Past events have included weekly interfaith services and introducing members to different houses of worship in the area.

"Religion and communities of faith are an important part of spiritual life that everyone should have access to regardless of their abilities and needs," said Walter Kalman, associate executive director of Advocacy, Communications and Resource Development at CAU. "We are proud of our continuing partnership with UCICC and the growing community and the teamwork it has fostered."

ABOUT COMMUNITY ACCESS UNLIMITED

Community Access Unlimited (CAU), celebrating 42 years in 2021, supports people with special needs in achieving real lives in the community. CAU provides support and gives voice to adults and youth who traditionally have little support and no voice in society. CAU helps people with housing, life skills, employment, money management, socialization and civic activities. CAU also supports opportunities for advocacy through training in assertiveness, decision-making and civil rights. CAU currently serves more than 3,000 individuals and families, with the number served growing each year. For more information about CAU and its services, contact us by phone at 908.354.3040, online at www.caunj.org or by mail at 80 West Grand Street, Elizabeth.



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Local Sports Performance Program Forced to Shut Down Registration

The Fall Grit Athletes Sports Performance Program is now shut down. The Berkeley Heights Based Athlete Performance has no more available spots for their fall program due to high demand from local parents looking for their kids to get an edge. They opted to shut down registration before taking on more kids into the program, even though there were people on the waiting list.

The bright spot is they have begun early registration for their highly anticipated winter program. The winter program has always been the most popular and is also highly likely to be sold out before it even starts. Grit Athlete performance announces the early enrollment of their winter athlete performance training program.

This program is for your child if: They

want to get better at sports but struggle because of lack of speed, strength or stamina. They eat more junk food than healthy food and you need another voice to help them understand how important a healthy diet is during these developmental years. They need to improve their confidence and you want them to start to get better at recovering from their mistakes. They're doing pretty good right now but want to take their performance in their sport to a higher level.

Here's what parents can expect to happen: They will get stronger which means when they show up to their sport they'll be able to perform better than ever. They will run faster and jump higher so they can show up to their next season and people will start asking what

the heck have they been doing. They'll become more coordinated and improve agility which means they'll pick up new skills their coaches teach them faster. Your children will start to eat better because we'll be educating them daily on what's good and what they should avoid...don't be surprised if they start asking you to buy more vegetables. Confidence will skyrocket. When kids get stronger, faster and more fit... their confidence will rise... so will their self-esteem which means their performance in every aspect of life will get better.

Their mindset will improve. We're going equip your child with very specific mindset skills that'll help them learn how to transform how they think about mistakes and failures.

HAPPY PARENTS TALKING ABOUT THE PHYSICAL AND MENTAL TRANSFORMATION OF THEIR KIDS...

- "When my son started Grit he was quiet, shy, and had some difficulty with movements...Now he is confident in himself, has become more vocal, and is mastering the exercise he struggled with in the past."

- Jen O'Brien, Grit Athlete Parent

- "My son is more disciplined and confident in himself"

- Steve Hughes, Grit Athlete Parent

- "I have watched my children become more confident and vocal."

- Christine Stramandinoli, Grit Athlete Parent

- "His confidence has shot up in the last few months...and has carried forward to the way he approaches other activities like sports and schoolwork. My son is now making his bed daily and exercising every day."

- Catherine Solfaro, Grit Athlete Parent

GET MORE INFORMATION

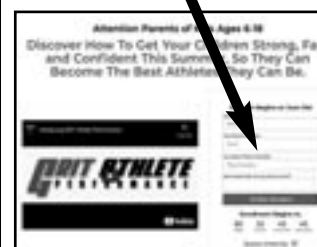
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STEP 3

Coach Mike will call you and set you up



About Grit Athlete Performance (A Gabriele Fitness Company)

GRIT helps kids ages 6-18 get strong, fast and confident so they can build a bigger and better future. They are located in Berkeley Heights inside Gabriele Fitness. All Grit coaches have been handpicked via a very lengthy interview process by Gabriele Fitness founder, Vince Gabriele. To speak to Coach Mike directly about your child before signing them up call 908-464-4441.

Winter Athlete Performance Training

Dec 13 - Mar 12

Age Groups

6-10 ■ 9-13 ■ 14+

Please visit

www.gritathletes.com

for days/times at each age group

Location: Sessions are held at the
GRIT SPORTS PERFORMANCE COMPLEX
(Located inside Gabriele Fitness in Berkeley Heights)

**Early Bird Registration
Expires October 15th**

PUBLIC LIBRARY OCTOBER PROGRAMS

29 Park Ave, Berkeley Heights
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reference@bhplnj.org

Monday - Thursday 9AM - 9PM;
Friday, Saturday 9AM - 5PM;
Sunday 2PM - 5PM

Sign up for Wowbrary (weekly email of new books, dvds, etc. at BHPL) or any/all of these monthly emailed BHPL newsletters: Books & Book Groups; Children's Newsletter; and Monthly Updates by going to the Connect with Us section on the library's website.

The Berkeley Heights Public Library is offering the following programs in October:

CHILDREN'S STORY TIMES AND PROGRAMS:

Paper Plate Story Time

Tuesdays, 9:30 - 10:00 a.m.

Story and a craft for ages 3 - 5

Fun with Friends Story Time

Thursdays, 9:30 - 10:00 a.m.

Books, music, rhymes and play for ages 0 - 4

Good Tyme String Band

Tuesday, 10/12 at 10:30 a.m.

Join Ray, Len, Tom and Pete for fun Banjo sing-along for all ages

Take and Make Craft

Craft kits with materials, instructions, and more; available during open hours

For exact program dates & times, changes and additions, please check the library's events calendar at bhplnj.org/events or the library's Children's program page at bhplnj.org/young-readers/story-tim.

ADULT PROGRAMS:

Online Book Group

Meeting Dates: Friday, 10/1 at 10:30 a.m.
and Tuesday, 10/12/21 at 7:15 p.m.

Currently, the library is offering an online Book Group that meets via Zoom and discusses eBooks/eAudiobooks available from hoopla*. The selection for October is Interpreter of Maladies by Jhumpa Lahiri.

*If you are new to hoopla, go to hoopladigital.com and select "Get Started Today". You will need a valid BH library card number, your PIN (usually the last 4 digits of your phone number) and an email to register.

Please stop by in person, call the library or email reference@bhplnj.org for questions about the book group or for help with BHPL's online resources.

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35TH ANNIVERSARY RAFFLE AND DINNER

St. Joseph Social Service Center

St. Joseph's serves the materially poor and homeless community of greater Elizabeth. The economic fallout from the pandemic has created an unanticipated increase in the demand for basic human needs such as food and medications. We are celebrating 35 years of service to our community, and raising funds to continue our work.

Now, more than ever, we could use the support and participation of the community at our annual fundraising dinner, which will be held on October 21 at 6 p.m., at the Westwood in Garwood, NJ.

HERE'S HOW TO SUPPORT OUR FUNDRAISER:

Online: To purchase dinner tickets, sponsorships, or to donate online, please visit Eventbrite: St. Joseph Social Service Center - 35th Anniversary Raffle and Dinner

Mail: To purchase raffle tickets, dinner tickets, sponsorships, or to donate on-line, please visit www.sjeliz.org. Or call 908-354-5456 if you do not have internet access.

In Person: To purchase grand raffle tickets in person, here are the locations:

St. Joseph Social Service Center,
118 Division Street, Elizabeth, NJ 07201 -
Emy Cruz, 908-354-5456 x3;
St. Helen's Parish Center,
1600 Rahway Avenue, Westfield, NJ 07090 -
Marilyn Ryan, 908-232-1214 x113.

We hope you'll support us with ticket purchases, sponsorships, and donations and join us at our dinner on October 21. Together, we can satisfy hunger, improve health, and inspire hope in our community!

153 BACKPACKS COLLECTED

Faith Lutheran Church

In their September issue, the New Providence News and Berkeley Heights Community News reported that during the summer, Faith's members and friends bought 105 backpacks and added school supplies for children whose families could not afford them. This was the thirteenth consecutive summer that Faith has undertaken the initiative for families in financial need.

153 was the final number of backpacks with school supplies that Faith's members and friends bought for families of low income.

The backpacks were given to two

organizations, who distributed them to the parents of the children. The organizations were: St. Stephan's Grace Community, a welcoming and multicultural Lutheran church in the Ironbound District of Newark; and Plainfield Action Services, a community action agency, which provides services to low income families.

The leader of this ministry, for many of the thirteen years, has been Don Treich of Berkeley Heights. Mr. Treich has been a member of Faith for sixty-two years.

The pastor of Faith is Rev. Jane McCready. Visit Faith at 524 South Street, New Providence or at .famfaith.org.

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FREE INTRO CLASS

MEGAN BROWN GRADUATES THE TRINITAS SCHOOL OF NURSING

Sixty-nine students, including Megan Brown of Berkeley Heights, received their nursing diplomas from the Trinitas School of Nursing for what would have been the 166th Convocation Ceremony on June 3, 2021.

Fifty-eight women and 11 men became eligible to sit for the registered nurse licensing exam. The convocation ceremony was a hybrid event of in-person ceremony and taped speeches. The class gathered in person in two groups to

maintain social distancing. The students received their awards, pins, and nursing diplomas in person. No outside visitors were allowed. The event was recorded and edited by the UCC Media department, and the premiere of the complete version of the ceremony was conducted on June 11, 2021 at 6 p.m. A gift of the video was given by the school to each graduate.

“During the pandemic, the School of Nursing

successfully underwent accreditation by the Accreditation Commission for Accreditation in Nursing (ACEN),” said Dr. Roseminda Santee, Dean of the Trinitas School of Nursing, which is affiliated with Union County College. “The school was granted the full eight years continuing accreditation by ACEN in March 2021. Graduates participated actively in the accreditation process. I am very proud of these graduates.”



Trinitas School of Nursing Class of 2021

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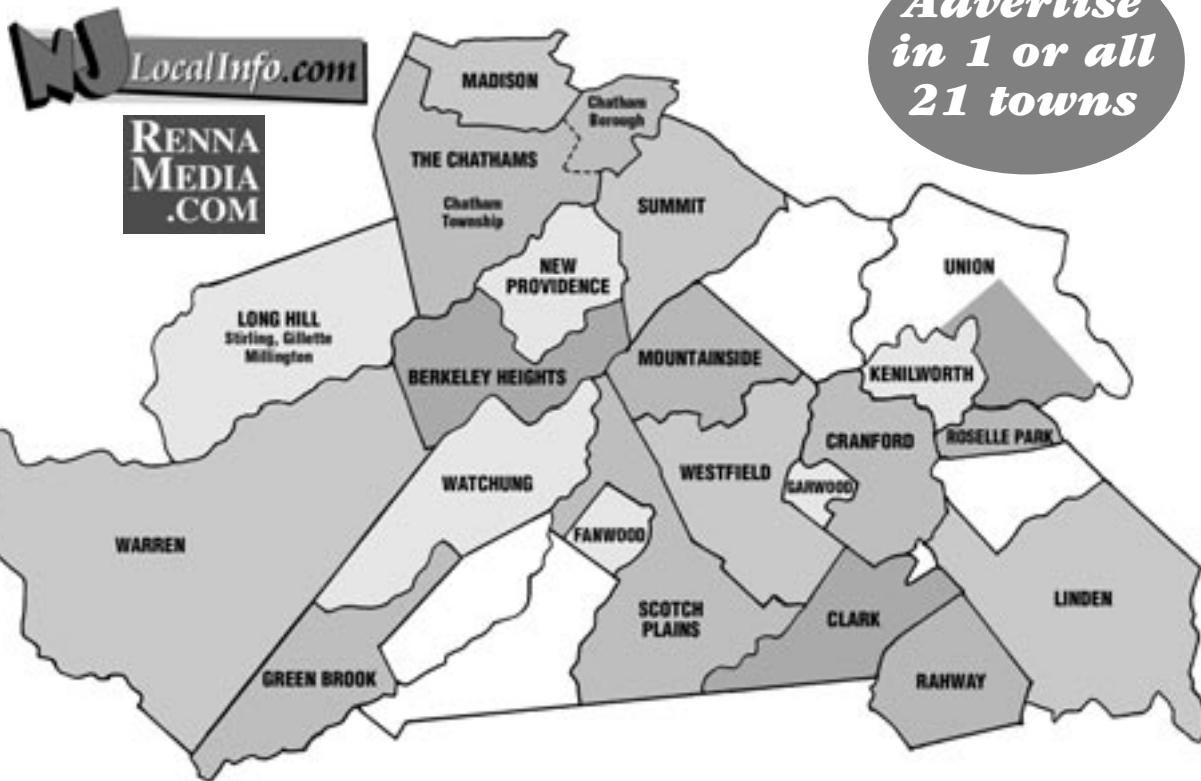
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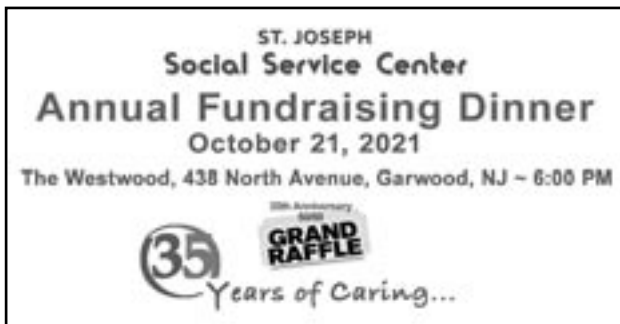
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35TH ANNIVERSARY RAFFLE AND DINNER

St. Joseph Social Service Center

St. Joseph's serves the materially poor and homeless community of greater Elizabeth. The economic fallout from the pandemic has created an unanticipated increase in the demand for basic human needs such as food and medications. We are celebrating 35 years of service to our community, and raising funds to continue our work.

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Mail: To purchase raffle tickets, dinner tickets, sponsorships, or to donate on-line, please visit www.sjeliz.org. Or call 908-354-5456 if you do not have internet access.

In Person: To purchase grand raffle tickets in person, here are the locations: St. Joseph Social Service Center, 118 Division Street, Elizabeth, NJ 07201 - Emy Cruz, 908-354-5456 x3; St. Helen's Parish Center, 1600 Rahway Avenue, Westfield, NJ 07090 - Marilyn Ryan, 908-232-1214 x113.

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DO YOU OR SOMEONE YOU LOVE SUFFER FROM...WEIGHT CREEP?

"It didn't happen all at once...but since I turned 40, My Weight Has Crept up...Every year...and Covid-19 has been the reality check that this must be stopped." Local Gym reveals the new workout system people in the Berkeley Heights area are using to defy the normal boundaries of gaining weight as they get older...by stopping the slow weight gain creep in its tracks.

If you or a loved one suffer from the frustrating reality that once you turn 40 you've consistently gained weight...and it's gotten to the point where it even stops you from doing the activities you still want to do...then reading this article may be the most important thing you do this year.

It may un-lock the painful mystery of your weight gain and show you a way to get back to the life you deserve...before the slow creep starts to hit the point of no return... A life where you can fit into the clothes you used to fit into before the slow creep occurred. A life where you can wake up in the morning and not take 20 minutes to get out of bed and hit the snooze button 5x because you're exhausted. A life where you can play with your kids without worrying that you're going to run out of gas before they do. A life where you can do and enjoy all the things you see so many others doing and enjoying but your fitness level has kept you watching from the sidelines. ...Basically, a life without the curse of the slow weight gain creep.

Finally, the area leading fitness experts – Gabriele Fitness, the specialists from Berkeley Heights who have already helped 100's of people over the last 13 years with their health and fitness advice – have recently released a new 6-week personal training program that reveals the best-kept secret in Berkeley Heights... How to actually stop the slow weight gain creep without fad diets or workouts that beat up your body.

Weight Gain "Truths" Finally Exposed:

The training program will expose how typical diets and long, and way too intense workout programs are NOT always needed, and how some very simple and easy strategies can be implemented to stop the "creep" in its tracks. In addition, the program is designed to be for people aged 40+ and is perfectly tailored for men and women in this age group.

The 6-week program that launches on October 11th reveals the simple, fast, and easy

ways to combat "weight creep"...and even shows how you can get to the bottom of it fast and naturally...without getting a traditional gym membership where you need to try and figure it out on your own.

This program is perfect if you have any of the following on the horizon... An important wedding you want to look and feel your best for. An upcoming class reunion. A big milestone birthday such as 40, 50, 60, or 70. The birth of a new child that you know will take a ton of energy to keep up with. A career change you need to be at the top of your game for. You're considering retiring and will have more time to be more active but you're nervous about what you'll actually be able to do. You got a recent scolding from your doctor to start working out and eating right...like now. You've realized that your current workout situation is no longer working and you need a change. A vacation to an island is coming up and you want to be beach-ready. You recently ended a long relationship and want to start focusing on yourself.

More: The program also exposes what most personal trainers fail to recommend to people aged 40+ when trying to get back in shape, and reveal for the first time to residents of the Berkeley Heights Area...simple, yet often overlooked routines that help to melt body fat and gain healthy lean muscle... as well as improve posture and energy levels all at the same time.

They're perfect if you're a man or woman aged 40+ and worried about not fitting into the clothes you want...or losing strength and energy at the hands of the "Slow Creep"

Just recently a new client that got started...after they realized they couldn't handle the weight creep any longer reported this...

"It didn't happen all at once...but since I turned 40, My Weight Has Crept up...Every year...and Covid-19 has been the reality check that this must be stopped."

Here's What You'll get when you join this program that starts on October 11.

"Cutting Edge Personal Training": Get 18 Small Group Personal Training Sessions so you always have a coach watching every rep which means you don't need to worry about what to do, how to do it, or if you're doing it right...

"Burn Fat All-Day" Unlimited "Fat Blast" Cardio Sessions so you can finally lose fat and experience all-day energy without coffee, stimulants, or needing a nap.

"Nowhere to Hide" Get Weekly accountability check-ins from your assigned trainer so you can be certain you won't fall off the wagon like most people when they begin an exercise program...which means you'll get better results than you ever have before.

"Eat This Not That" A Simple 6 Week Nutrition Guide so you don't have to feel stressed about what the heck you should be eating...or when you should be eating which means you'll lose fat faster than you ever have before.

"The Gabriele Fitness Guarantee" 100% Results Guaranteed, or your money back. We promise that within your first 45 days you'll drop body fat, get stronger, and feel better... if not, we'll refund every dime back.

If you're currently not working out, or you have a gym membership but you never go...or you've tried every diet under the sun but still have been on this yoyo journey which...in the end has resulted in consistent "weight creep"...

Two Ways to Get Started...Option 1: Request a 100% Free Consultation by calling 908-464-4441 and mentioning this article. Option 2: Get more information on the 6 Week Fitness and Nutrition Program that starts on October 11th by scanning below.



There are just 20 available spots for new members... you will breathe a sigh of relief once you realize how easy it can be to stop "weight creep" and get back feeling amazing again.

101 Five Star Google Reviews Can't Be Wrong. Gabriele Fitness has more social proof that their program works than any gym or personal trainer in the area. A simple google search of "Gabriele Fitness" will bring up 101 five-star ratings of the local gym along with some VERY long reviews from happy clients whose lives have been transformed.

ABOUT GABRIELE FITNESS: Gabriele Fitness is a personal training gym that helps people aged 40+ lose weight, gain energy and live a more active life without the use of fad diets or workouts that beat up their body. They've helped thousands of men and women in Berkeley Heights Area to transform their health and life for the past 13 years. As leaders in the fitness industry, they present their methods to trainers and gyms around the globe.

www.gabrielefitness.com