

New Providence NEWS

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Issue 73 • October 2021

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5K CELEBRATION OF LIFE UNITES THOUSANDS

NJ Sharing Network

On September 12, thousands of walkers, runners and volunteers participated in NJ Sharing Network's 5K Celebration of Life Walk and USATF Certified Race at the organization's headquarters in New Providence, NJ.

The 5K event, which was presented by Hackensack Meridian Health and Pfizer and supported by dozens of other generous sponsors, honored those who gave the gift of organ and/or tissue, paid tribute to those who have received a transplant, offered hope to those currently waiting for a transplant and remembered those who passed away while waiting for the gift of life. Thus far, \$880,000 has been raised for this year's campaign by event participants, teams, sponsors and contributors to support the NJ Sharing Network Foundation.

"We were thrilled to come together safely with our community and reconnect in person with family and friends to share stories and love, tears and laughter at our 5K Celebration of Life," said Elisse E. Glennon, Executive

Director, NJ Sharing Network Foundation. "It was a healing and uplifting experience for those whose lives have been touched by organ and tissue donation and transplantation."

Last year, NJ Sharing Network's 5K Celebration of Life events were held in virtual formats due to COVID-19 pandemic restrictions. The event on September 12 was held in person following all state and federal guidelines and recommendations for outdoor gatherings.

"Ten years ago, we could not have imagined the incredible impact that our 5K Celebration of Life would have on the donation and transplantation community," said Glennon. "Since its inception, more than \$10 million has been raised to increase the number of lives saved through innovative transplant research, family support, public awareness and education about the life-saving benefits of organ and tissue donation and transplantation."

To learn more, get involved and register as an organ and tissue donor, visit NJSharingNetwork.org.



(above) On September 12, thousands of walkers, runners and volunteers participated in NJ Sharing Network's 5K Celebration of Life Walk and USATF Certified Race at the organization's headquarters in New Providence, NJ.

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New Providence NEWS

New Providence NEWS is published by Renna Media. 4,700 newspapers are printed monthly and mailed to every business and resident in New Providence.

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New Providence NEWS

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New Providence NEWS

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



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STREET FAIR

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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.

PETER DESARNO JOINS ADVISORY BOARD OF EVERSIGHT



(above) Peter DeSarno

Peter DeSarno has joined the New Jersey Advisory Board of Oversight.

DeSarno is a life-long resident of the Garden State, including graduating with three higher education degrees from the NJ institutions of Rutgers and Seton Hall University.

As a CPA with an MBA and MS in Financial Planning, DeSarno has served as a Controller and CFO for a number of public and private companies and non-profit organizations and shares his expertise as an Adjunct Professor at Farleigh Dickinson University.

An active member of his community of New Providence, DeSarno is a Councilman for the Borough of New Providence, Vice President of the Board of the "New Providence Our Community for All" and a member of the New Providence Lions Club.

"As a grateful double cornea recipient, Peter is the perfect advocate to share the important lifesaving message of organ and tissue donation. Oversight is very fortunate to have someone like Peter, with a deep personal connection and expansive professional experience, join the New Jersey Advisory Board. We look forward to working together to continue our important work of restoring sight throughout New Jersey," shared Jennifer Rosenblatt, Director of Philanthropy.

ABOUT EVERSIGHT

Eversight is a nonprofit organization with a mission to restore sight and prevent blindness through the healing power of donation, transplantation and research. The Oversight network is responsible for recovering, evaluating and providing human eye tissue for transplantation; supporting research into the causes and cures of blinding eye conditions; promoting donation awareness through public and professional education; and providing humanitarian aid to people around the world in need of corneal transplantation. Operating in Connecticut, Illinois, Michigan, New Jersey, Ohio and South Korea, Oversight works in collaboration with surgeons, researchers, academic medical centers and eye banks across the United States and abroad. For more information, visit eversightvision.org.

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U.S. News

SHORT-TERM
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2019-20



Nathan Weiser

★★★★★

Spring Grove is by far the best rehab center I have ever been to. The staff are kind and caring and have gone above and beyond my expectations. The building is kept extremely clean and the new renovations are very nice.

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.

Thank God for them!

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A UNITED DAY OF HOPE

The National Alliance on Mental Illness' (NAMI) mission is more crucial than ever these days. Our collective mental health needs are at their greatest. With your help, we will raise sufficient funds to support NAMI's programs and increase awareness of the importance of mental health.

On Saturday, October 9, NAMIWalks NJ will once again be a virtual experience.

NAMIWalks Your Way: A United Day of Hope means what it sounds like; participants can make NAMIWalks their own as Virtual Walkers. This is an awareness and fundraising event. When you reach out to your friends, neighbors and co-workers, you raise awareness about mental illness. Your fundraising efforts will help NAMI continue to provide free programs and services to people who live with mental health conditions in our community.

Join us to bring NAMI support to all who need it. The need is there, and the need is great. Be part of the solution. Please donate today!

To donate by mail to this year's NAMIWalk: make your check payable to "NAMI of Union County" and mail to PO Box 724, New Providence, NJ 07974. Please write "Walk" or a Walker's name in the memo line of your check.

To donate using a credit card, please visit: namiwalks.org/team/UnionCounty or

[Facebook.com/NAMI.UnionCounty/](https://www.facebook.com/NAMI.UnionCounty/).

35TH ANNIVERSARY RAFFLE AND DINNER

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!

LIONS HELPING NEIGHBORS

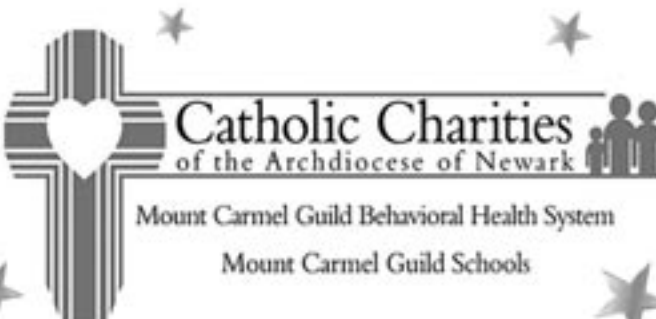
The New Providence Lions Club recently presented a \$3,000 check to the Community Service Association (CSA) to assist their efforts to help those in need in New Providence during these trying times. The CSA is an independent, 501(c)3 organization founded in New Providence in 1954 to help our neighbors in need.

The New Providence Lions Club is a 501(c)3 organization, giving back to the community 100% of the profits raised. Organizations that benefit from our annual support include NP Recreation Dept., Fire Dept., Community Service Assoc., EMS Rescue Squad, Senior Citizens Center, PBA, NPHS Scholarships, NP Historical Society, Health Fair, NP Public Library, Drive for Autism, Soup Kitchen 411, Bonds of Courage and many more! Being a Lion empowers you to help others in a way that no one person could alone. The Lions are dedicated to helping others. Lions make a difference! To Donate: Mail check to NP Lions Club, PO Box 854, New Providence,

NJ 07974. For more information/membership please email info@nplions.org or visit nplions.org.



(above) Linda Kale of the New Providence Lions Club presents Pattie Hatzelhofer, Treasurer of the Community Service Association (CSA), with a symbolic check for \$3,000.



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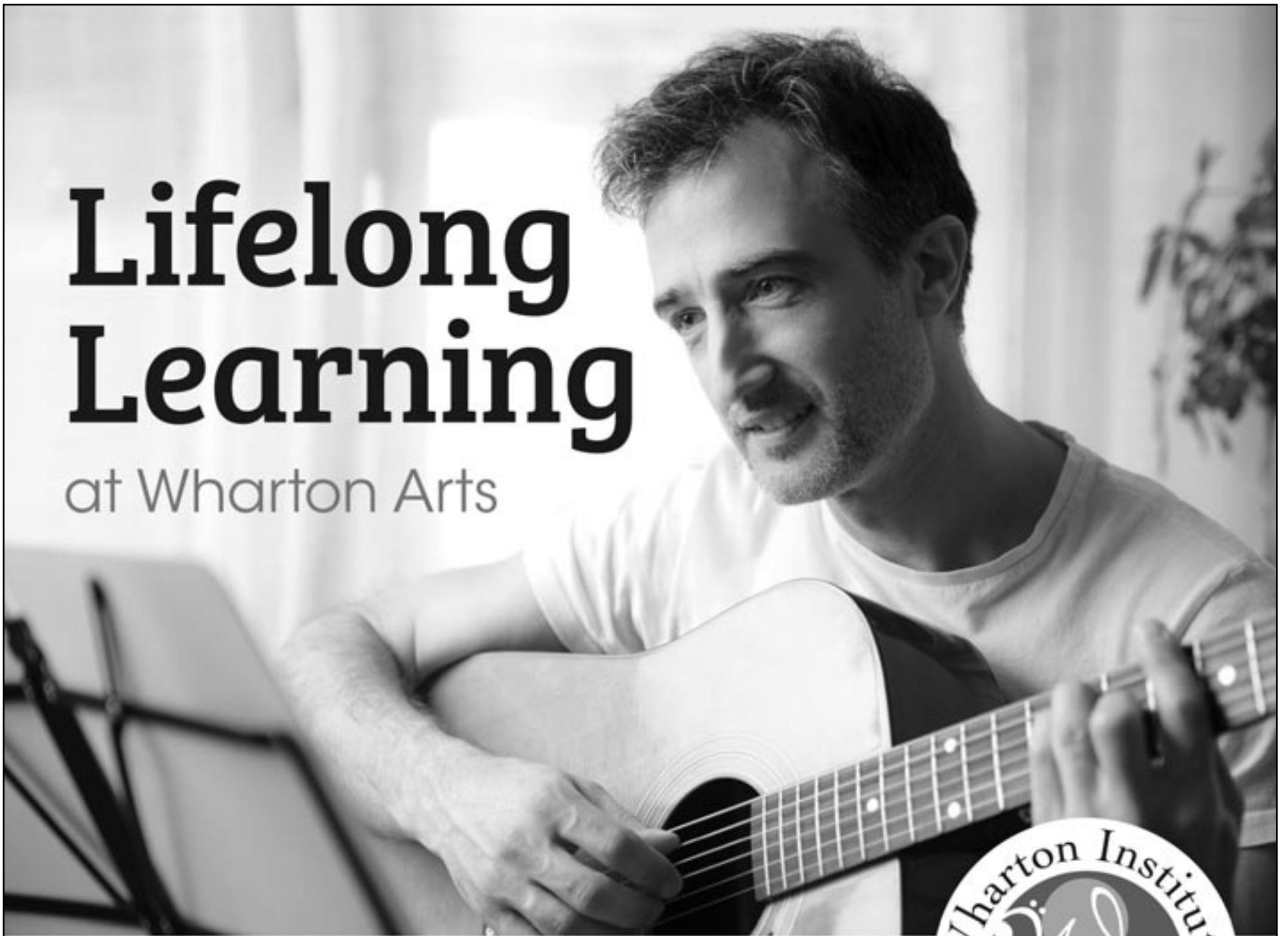
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CASA SALUTES ITS VOLUNTEER CHILD ADVOCATES AT BBQ

Court Appointed Special Advocates (CASA) of Union County, the only local nonprofit advocating for youth from birth to age 21 involved in the child welfare system due to abuse, neglect and abandonment, took time-out on a recent sunny Sunday afternoon to fete its community members who are trained as child advocates and continuously give of their time to ensure the best interests of Union County's most vulnerable youth are protected and their needs are met.

Seeley's Picnic Grounds in Watchung Reservation was host to a guest list that included each of the organization's nearly 170 current volunteer advocates and their families and dogs, its funders, and court personnel with whom the organization regularly works as cases are heard by Union County Superior Court. CASA staff and several members of the Board of Trustees

served guests such grilled fare as ribs, pulled pork, hotdogs, burgers, and sides and dessert galore. Executive Director Mariel S. Hufnagel's husband Anthony was grill master.

Amid the frivolity of lunching, chatting and even competition at the cornhole and KanJam playing fields, CASA volunteers and staff still managed to make time for advocacy work, too. Each year as the summer draws to a close, the organization runs a school supply drive to ensure every foster youth served has a new backpack chock-full of needed supplies so their first day feels full of promise. The park's pavilion became backpack depot where advocates checked in to secure their foster youth's backpack, lunchboxes, and supplies.

Anne Collart, President of the Board of Trustees, was among those welcoming advocates. "It was a gorgeous day, and the

perfect setting for CASA of Union County to give its time for all those who gift their time for local foster youth, and keep the organization moving forward in its mission. Today, we wanted to be in their corner, and encourage each advocate to relax, connect and enjoy our gratitude for all they do."

Since 2005, the nonprofit has recruited, trained, supported and supervised nearly 600 volunteers to advocate for more than 900 youth, protecting best interests in the courtroom, classroom and community, and helping ensure already experienced trauma is not exacerbated as youth await permanency in a safe and loving home.

For details on the advocate experience and joining upcoming information and training sessions, email Lucia at info@casaoofunioncounty.org.



(above) Among the CASA volunteers attending were, from left, James Walker Jr. of Elizabeth, Isabella Blumberg of Springfield, Barbara Bagger of Westfield, Arlene Sumner of Linden, Carmen Iyala of Scotch Plains, Quetzali Sevillano of Rahway, Lara Gibbemeyer and Robert Bridgeman of Westfield, Flor Maria Mendez of Elizabeth, Mollie Yang of Mountainside, Fernando Porras of Clark, Katherine Romano of New Providence, Shelley Grobe of Cranford, Kristen Kim of Westfield, Rebecca Muston of Summit, Teresa Lastella of Clark, Kevin JeanCharles of Roselle, Donna Isidron of Clark, Karime Herrera of Elizabeth, Komal Nankani of Summit, Lisa Kalichman of South Orange, Sean O'Leary of South Plainfield, Carolyn Colonna of Fanwood, Cynthia Evans of Scotch Plains, and Lydia Pernia of Linden.



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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

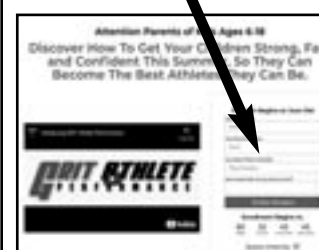
STEP 1

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STEP 2

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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

OCTOBER 2021 EVENTS WITH NEW PROVIDENCE MEMORIAL LIBRARY

377 Elkwood Avenue, New Providence, NJ 07974 • 908-665-0311 • www.newprovidencelibrary.org • Social media @newprovlibrary
Email: rsvp@newprovidencelibrary.org • npmlchildrens@gmail.com • NPMLTeens@gmail.com

The New Providence Memorial Library is celebrating its 100th anniversary from our founding in 1921. Join us all year long as we celebrate! Visit our website and social media pages for the latest on our year-long celebration, including great events like:

Bash the Trash! (All Ages)

October 2 at 12:00 Noon

This is a fun performance combining science, sound and sustainability, featuring instruments made from trash. This event is open to all ages.

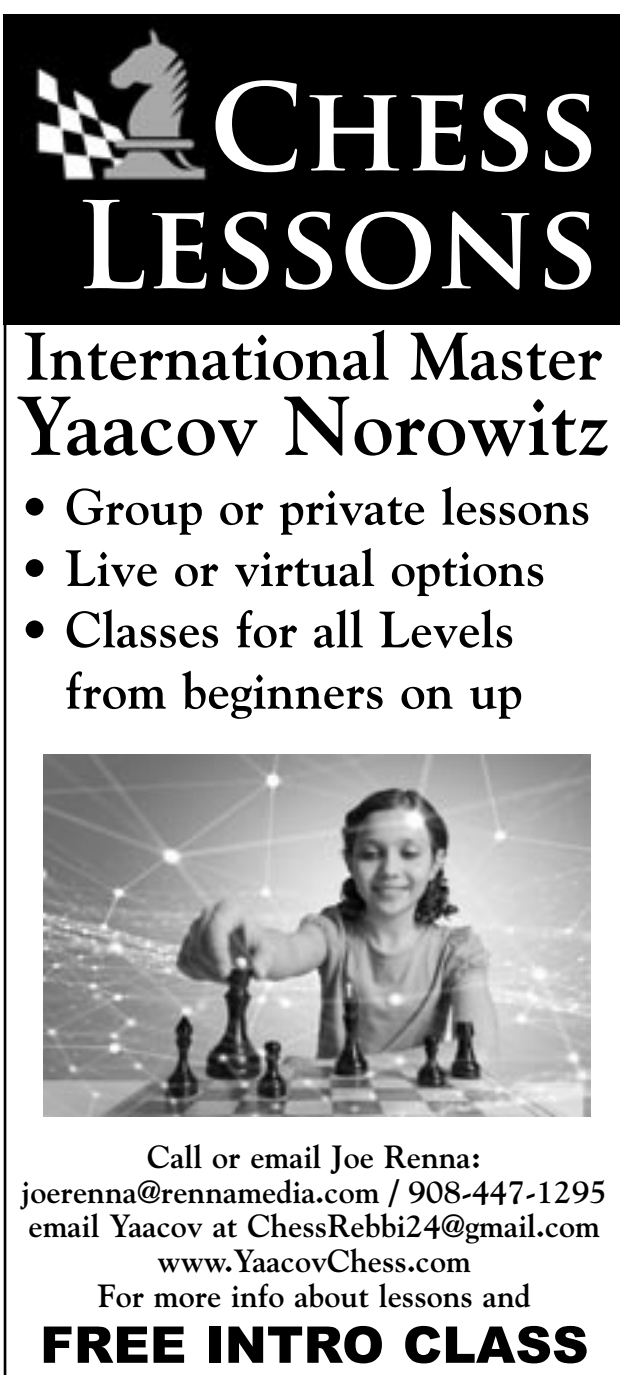
Mindful Movement (Adults)

October 5 at 9:30 a.m.

qigong instructor Rose Wippich will guide you through a series of mindful movements in this outdoor class. Registration is required. Email rsvp@newprovidencelibrary.org to register.




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FREE INTRO CLASS

Housel Fun & Fitness Dance Party Mix (Kids)

October 5 at 4:45 p.m.

Enjoy an afternoon of fun and movement outside on the lawn with Housel Fun & Fitness! Masks required for children ages 5+ and adults.

Storytime on the Lawn with Ms. Cathy (Kids)

October 7 at 10 a.m.

Join Ms. Cathy on the front lawn for outdoor storytime. Email npmlchildrens@gmail.com to register. Masks required for ages 5 + and adults.

Kindness Rocks (Adults)

October 8 at 10 a.m. - 11:30 a.m.

Stop by to paint a kindness rock or rocks in this outdoor adult craft. Rain date: October 15. First come, first served, while supplies last.

Virtual Club Phoenix (Kids)

October 11 at 3:30 p.m.

Club Phoenix is online! Videos will be posted once a month at 3:30 pm on the library's channel: youtube.com/c/newprovlibrary

YA Battle of the Books! (Teens)

October 11-15

second annual YA Battle of the Books!

Baseball Discussion Group (All Ages)

October 11 at 7 p.m. - 9 p.m.

You're invited to discuss baseball teams, To join the baseball group, email the library.

Storytime on the Lawn with Ms. Lori (Kids)

October 12 at 11:30 a.m.

Join Ms. Lori for outdoor storytime. Email npmlchildrens@gmail.com to register. Masks required for children ages 5 + and adults.

Scope Night with Pearl Observatory (All Ages)

October 12 at 7 p.m.

Join us outside on the lawn and view mountains & craters on the Moon in a big telescope. This program is weather permitting, a rain/cloud date is scheduled for Thursday, October 14 at 7 p.m. Masks required for children ages 5+ and adults.

Pumpkin Patch Storytime on the Lawn (Kids)

October 14 at 10 a.m.

Join Ms. Sam on the front lawn for pumpkin patch storytime.

Book Group (Adults)

October 14 at 7:30 p.m.

The book group will discuss "A Woman of No Importance: the Untold Story of the American Spy Who Helped Win World War II" by Sonia Purnell. Join the book group at library.

Virtual Origami Club (Kids)

October 18 at 3:30 p.m.

Learn all about origami and how to make your own creations right at home! For children in grades 3-4. Email NPMLChildrens@gmail.com to receive your origami kit and the link to the YouTube instructional video.

Storytime on the Lawn with Ms. Debbie (Kids)

October 19 at 3:30 p.m.

Join Ms. Deb for outdoor storytime. Email npmlchildrens@gmail.com to register.

Book Group (Adults)

October 19 at 10:30 a.m.

The book group will discuss "We Were the Lucky Ones" by Georgia Hunter. To join the book group, stop by the reference desk or email rsvp@newprovidencelibrary.org.

College Admissions 101 (High School students)

October 19 at 5:30 p.m.

This seminar will help families separate college admissions fact from fiction and enjoy the college process a little more. Email NPMLTeens@gmail.com to register.

Ready or Not: Prepare for Unexpected (Adults)

October 21 at 7 p.m. - 8 p.m.

Financial advisor Brian Killea shares tips on how to develop a proactive strategy for protection and preparing for the unexpected.

Author Read Aloud with Danielle Gasalberti (All Ages)

October 23 at 11:00 a.m.

Local author, Danielle Gasalberti, will read aloud her Children's book Love Your Selfie.

Signup for Teen Take Out boxes (Teens)

October 25 at 3:00 p.m.

Teen Take Out is a monthly box of fun for NP teens in grades 6-12 Use our Google form to sign up for the Nov box on Oct 25.



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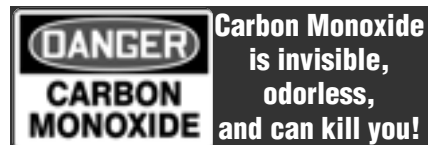
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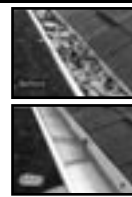
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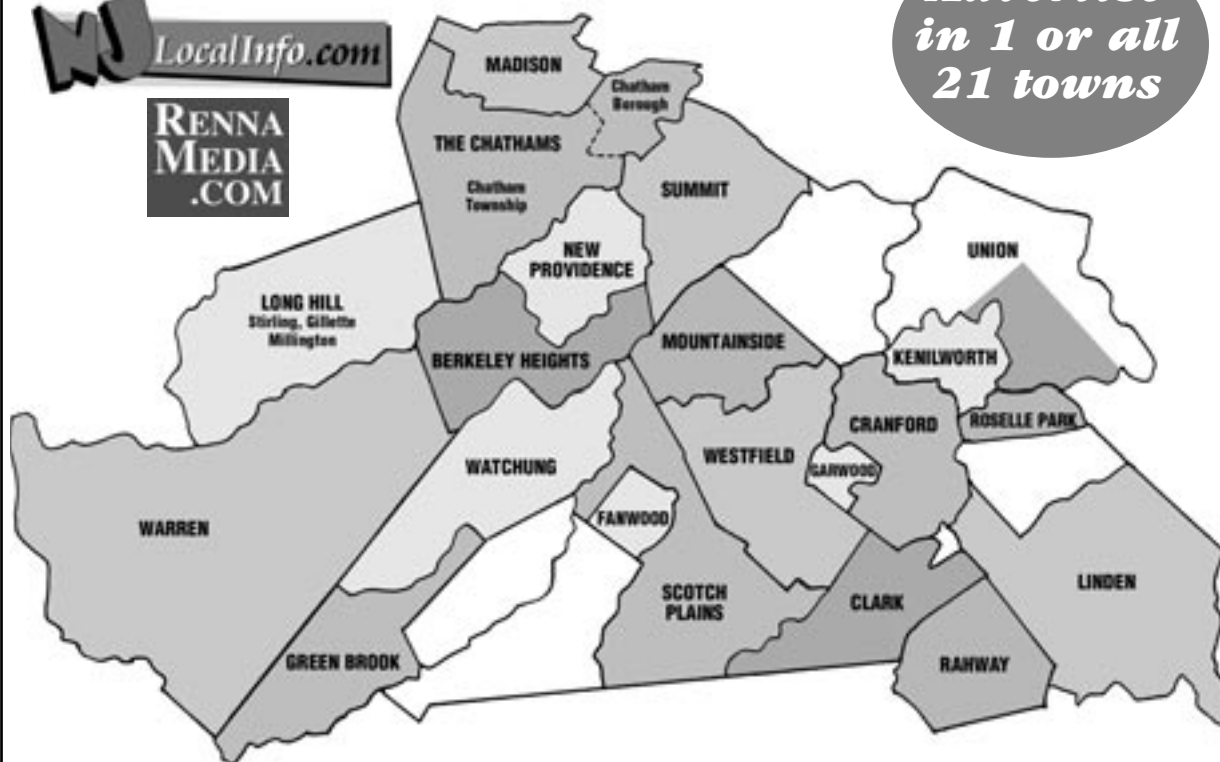
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DO YOU OR SOMEONE YOU LOVE SUFFER FROM...WEIGHT CREEP?

"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.

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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.