#### MAILED FREE Berkeley Heights TO EVERY HOME AND BUSINESS **IN BERKELEY HEIGHTS**

Published by Renna Media

Issue 76 • January 2022

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#### SIXTH ANNUAL BERKELEY HEIGHTS WINTER WALK

Berkeley Heights Winter Walk Committee

Thousands of families from Berkeley Heights and surrounding communities gathered downtown on Saturday, December 4th for the sixth annual Berkeley Heights Winter Walk.

Set along Springfield Avenue, over 75 Berkeley Heights businesses and civic groups gather and create a winter wonderland of fun for the community to enjoy.

A popular attraction is the artificial ice rink located in the parking lot of Total Health. Skaters borrowed pairs of ice skates and skated around the rink with current members of the Governor Livingston ice hockey team.

Other attractions included two game trucks, laser tag, roaming snowflakes, The Grinch and Olaf, photos with Elsa, a life-size snow globe, an ice sculptor, The Grain & Cane and Scream food trucks, a trackless train, inflatable basketball, and football games, and two horse and carriage rides. Santa and Mrs. Claus were even spotted roaming the street and taking pictures with children who were eager to pass along their Christmas wish list.

The Fiserv and Summit Health Entertainment Stage was MC'd by Thoro and held performances throughout the afternoon. Entertainment was provided by Pure Movement Dance Center, Performing Arts 5678 and Wharton Institute for the Performing Arts, GL Jazz Band, GL Vocal Ensemble, and the Governor Livingston Highlander Band.

"The Winter Walk has turned into a tradition in Berkeley Heights that we hope will continue for years to come," said Cheri Pertesis of Anything Floral and one of the Winter Walk organizers. "When you see the downtown crowded with families of all ages enjoying the night, it makes all the hard work that goes into the planning of the Winter Walk worthwhile."

The event culminated with the Berkeley Heights Recreation Department's annual tree lighting and firework show at Peppertown Park.

The 2021 Berkeley Heights Winter Walk was presented by Embassy Suites by Hilton Berkeley Heights, The Park, and Round Table Studios. Organized by Cheri Pertesis of Anything Floral, Hilary Boothby, and the Berkeley Heights Downtown Beautification Committee.







Photo by Lucinda Hayes



Have a Happy and Healthy New Year from Colonial Appliance!

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#### Berkeley Heights COMMUNITY NEWS

Renna Media LLC, Publishers 202 Walnut Ave., Cranford, NJ 07016 Berkeley Heights News is published by Renna Media. 4,800 newspapers are printed monthly and mailed to every business and resident in Berkeley Heights.

Although great care has been taken to ensure the information contained within is accurate, Renna Media assumes no liability for errors or omissions.

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#### SEND US YOUR NEWS

Do you have a community service that you need help publicizing? Did you or someone you know accomplish something amazing? We are interested in hearing about your latest achievement (accomplishment, honor, award, etc.). Then send us your news!

Email: editor@rennamedia.com

Online at www.rennamedia.com like us on facebook.com/ Berkeley Heights News Tina Renna: 908-418-5586 tinarenna@rennamedia.com Joe Renna: 908447-1295 joerenna@rennamedia.com

#### SING IN THE NEW YEAR WITH FREE WORKSHOPS!

Tree Chorus on Wednesday evenings in January from 7 to 9 p.m. The Chorus hosts singing workshops 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!

chorus singing four-part a cappella harmony in the barbershop style. We are passionate about

Love singing? Come sing with the Hickory 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

Please register for Sing in the New Year by email info@hickorytreechorus.org or call 908-377-1399. More information Hickory Tree is an award-winning women's hickorytreechorus.org. Watch the promo video on the Hickory Tree Chorus YouTube channel: youtu.be/mcvYYvPV4rQ.

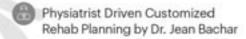


## **CONSUMER ENDORSED & APPROVED:** HIGHEST RATING IN UNION COUNTY

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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.



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.



The nursing staff and administration is professional, patient, attentive and unstanding. The facilities are very clean and well maintained. My parents room 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!

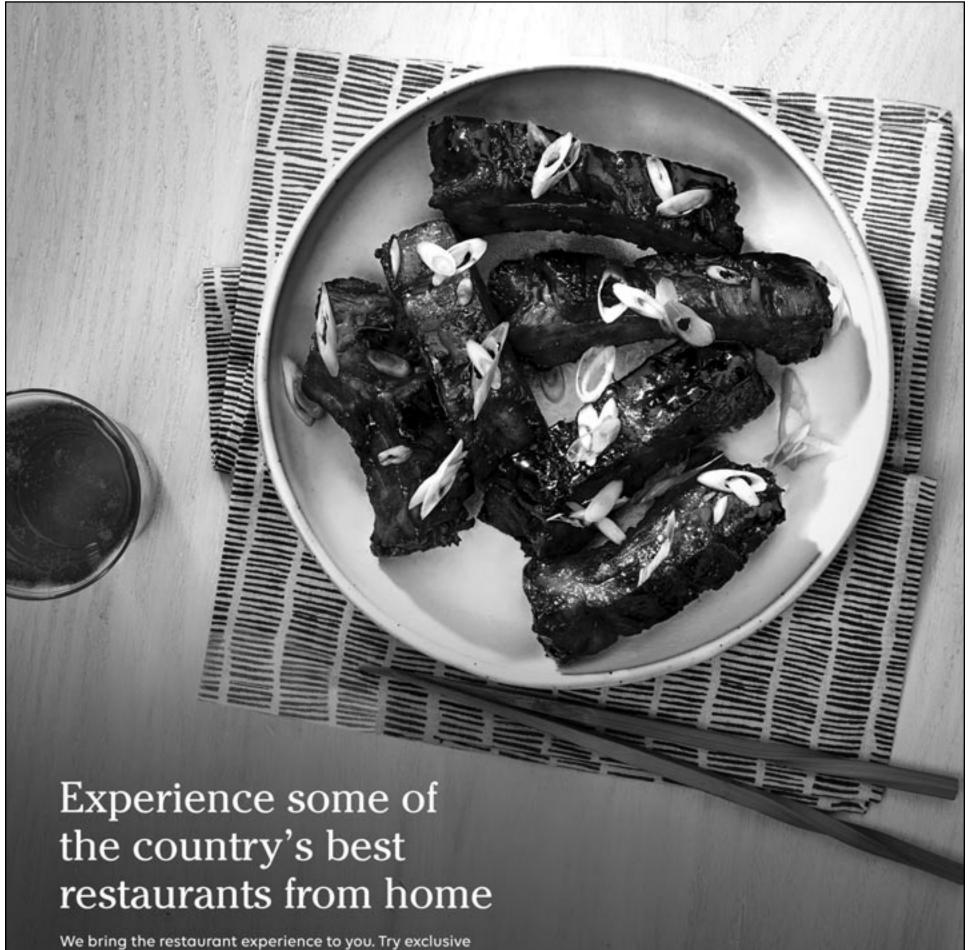


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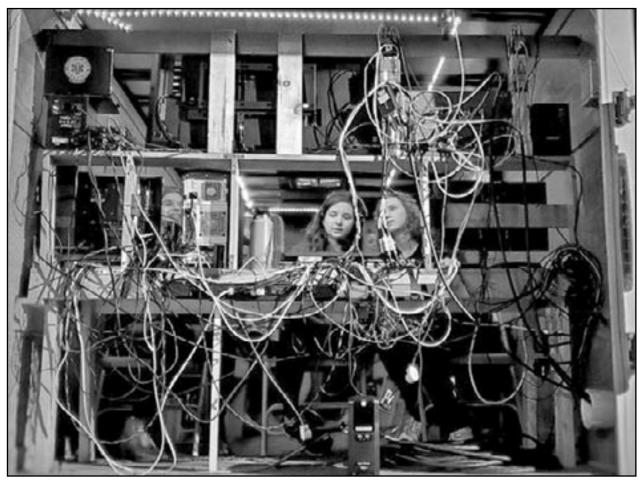
To learn more call **908-526-8130** or visit **www.CHChousing.org** 

# TV PRODUCTION ELECTIVE AND CLUB HIGHLIGHTS SCHOOL ACTIVITIES

Students at Governor Livingston High School have been working hard at GLHSTV, our local access TV station, which is regularly behind the scenes at school events making sure memories are captured for years to come. Based out of the Governor Livingston High School TV Studio and led by Staff Advisor Joe Voorhees, the station is run almost entirely by students in the TV Production electives and TV Production Club.

GLHSTV currently shoots regular and semiregular programming in addition to covering sporting events, concerts, plays, and specials events. Most recently they took their expertise on the road to live stream their first ever Varsity Ice Hockey Game to fans at home, setting up cameras throughout the rink to ensure they captured the best images.

Photos by Berkeley Heights Public Schools









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#### THREE COUNTY FAMILIES MADE OFFICIAL ON NATIONAL ADOPTION DAY

Multi-town parade includes superheroes, gift baskets and more

#### CASA of Union County

The frosty morning of Nov. 19 may have been any other Friday for many, but for three Union County foster youth in Rahway, Roselle and Roselle Park, all under age three, their lives changed forever, as Union County Superior Court



Judge Lara DiFabrizio granted each the consistency and stability deserved by all children, finalizing their adoptions and ending their time in the child welfare system. Each family had their own CASA volunteer working the case.

The annual event is held the Saturday before Thanksgiving and courts nationwide often celebrate National Adoption Day the business day before, or even open on Saturday, to hold adoption hearings. Here in Union County, all hearings were performed via Zoom due to Covid-19, and Judge DiFabrizio made official what each child likely already felt: they were finally home.

Despite the virtual component, those involved ensured the excitement was palpable. Upon completion of each adoption, the homes were visited by a caravan of fire trucks, police cars, court staff, law guardians and other case stakeholders, CASA of Union County staff and two of its interns suited up as Captain America and Mr. Incredible, and the bear mascot from Kenilworth's David Brearley Middle and High School. All cheered for the family, where each took their first official photo together, and the children spent time with the superheroes and school mascot.

Families received a hot breakfast donated by Urban Griddle in Elizabeth; a flower bouquet provided by Jane Phillips who, until her recent retirement, headed the Adoption Day Committee for the judiciary; and a gift basket from CASA of Union County made possible by collections of board and card games, puzzles and movie night fixings from the Kenilworth school and Summit's Oak Knoll School of the Holy Child. The latter collection was spearheaded by Desiree Mitchell, daughter of CASA volunteer Hope Mitchell, and included fleece blankets made with classmates. In addition, each child and all siblings received their own superhero dress-up costume and books hand selected by the Phi Eta Omega Chapter of Alpha Kappa Alpha. Each family received a WalMart gift card funded by the Union County Bar Association. Costumes for CASA's interns were loaned by generous members of the Facebook Buy Nothing Group in Cranford and Garwood.

Today, more than 120,000 youth nationwide need a permanent home, with an average wait in foster care of four years. Each year, 23,000 youth age out of the system without a family or safety net in place. For details on CASA of Union County's mission, the need for volunteer advocates and how to become one, contact Lucia at lfield@casaofunioncounty.org or log on to casaofunioncounty.org.



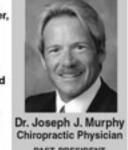


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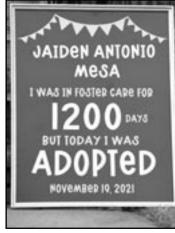
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(above) Upon completion of each adoption, the homes were visited by a caravan of fire trucks, police cars, court staff, law guardians and other case stakeholders, CASA of Union County staff and two of its interns suited up as Captain America and Mr. Incredible, and the bear mascot from Kenilworth's David Brearley Middle and High School.





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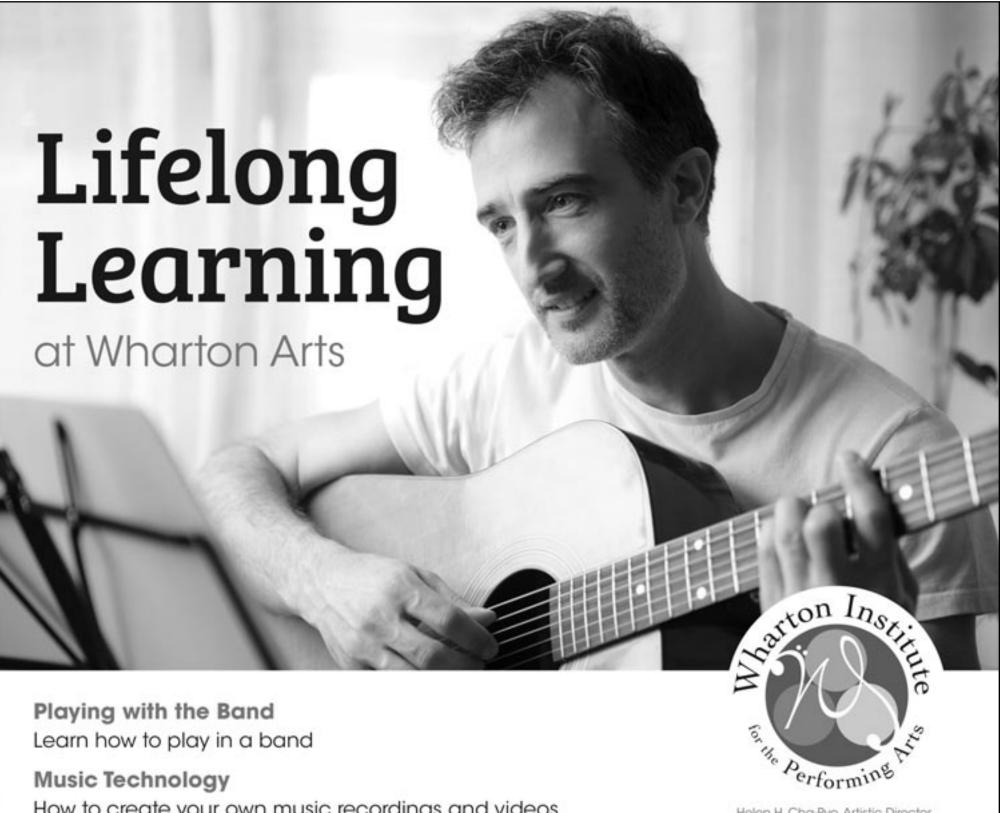


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# IS IT REALLY POSSIBLE FOR A KID TO LEARN HOW TO RUN FASTER?

Retired San Francisco 49ers QB Joe Montana, is arguably one of the greatest NFL players that has ever played football...when his son started playing football it would have made sense for him to help his son learn how to play Quarterback.

But that's not how it went. Joe Montana had to hire a quarterback coach to help his son be a better football player. Here's possibly the greatest NFL QB of all time, needing to hire someone else to help his son. It was not that Joe Montana was not equipped for the job...it was that his son needed a second voice to help him get to the next level.

Many parents who have much less knowledge, experience, and skills than Joe Montana are in the same boat in regards to helping their kids get stronger, faster, and more confident.

Most parents we've come across want their kids to eat healthier, be more active, and have a stronger mindset. But many have told us they need help.

Even with the constant reminders of telling their kids to eat more vegetables, get outside instead of watching TV, practice their sport more, get to bed earlier...they find that sometimes the message falls on deaf ears...and some backup would be helpful toward their vision of helping their kid be the best they can be.

Parents have told us that having us(the Grit Athlete Performance Coaches) as a second voice to help reinforce the habits they want for their kids...is changing the game.

Further...Our Grit Athlete Founder has over 20 years experience with training athletes himself...and certainly knows a LOT more about getting stronger and faster than the average parent...But has all 3 of his children(9, 8 and 6) enrolled in Grit year round....because he knows the power of that second voice.

And after they come through our program, parents tell how it's turbocharging their parenting. Here are some real-life examples that have been reported...

Before, parents struggled with getting kids to eat vegetables...now their kids are asking for more.

Before, parents struggled with getting their kids to get enough sleep....now their kids are getting to bed earlier on their own.

Before, parents struggled with getting their kids to watch less TV or play video games...now they are limiting these activities because they've learned they don't really help them become better athletes.

Before, parents struggled with helping their kids have more confidence...now their kids are doing things out of their comfort zone more often which is helping them believe in themselves which further improves self-esteem.

Before, parents had no clue how to help their kid get faster...now they are faster because they've learned that speed is a skill, and a few simple tweaks can make a kid faster immediately.

Before, parents could not get their kids to make their beds...now their kid makes their bed each morning on their own because they learned that making their bed in the morning helps them have a better day.

Before, parents struggled with getting their kids to do even one good push-up...now they catch them in their room practicing on their own.

Before, parents wanted their kids to have more determination and grit when training new things...now they are staying calm under pressure and seeking out challenges instead of avoiding them.

Many times it's not about telling your kid to eat more vegetables or stop watching TV...but rather finding the right environment for them to be more successful.

Right in your backyard, there's a team of great coaches waiting to be second voices for your kids...so that all the things you're teaching as parents will be reinforced. But most importantly, the results you're after for your kids will actually become a reality. The Grit Athlete winter Sports Performance session starts on January 3rd in Berkeley Heights NJ, visit www.gritathletes.com to fill out an application for your child.

Grit Athlete Performance is a Sports Performance Training Company located in Berkeley Heights that helps kids ages 6-18 get strong, fast, and confident so they can have a bigger and better future. They have just released the dates for their winter program that starts on January 3rd. Visit www.gritathletes.com to register for their winter session...or see below for more details...

# **SPORTS PERFORMANCE TRAINING FOR KIDS AGES 6-18**

STARTS JANUARY 3rd (9 SPACES REMAINING)

PPLY NOW

# STEP 1 Scan This QR Code





Warning: The Winter session is the most popular session of the year and always sells out before it starts. We strongly encourage you to scan the QR code today and enter your information to make sure your child doesn't get locked out of the winter session.

#### **Attention Parents of Kids Ages 6-18**

# UPDATE: THE GRIT ATHLETE PERFORMANCE WINTER PROGRAM HAS ONLY 9 SPACES REMAINING

Give us 12 weeks with your kids and we'll have them stronger, faster, and more confident...guaranteed.

#### 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

#### **STARTS JANUARY 3rd (Only 9 Spaces Remaining)**







Warning: The Winter session is the most popular session of the year and always sells out before it starts. We strongly encourage you to scan the QR code today and enter your information to make sure your child doesn't get locked out of the winter session.

# BERKELEY HEIGHTS PUBLIC LIBRARY JANUARY PROGRAMS

29 Park Ave, Berkeley Heights (908) 464-9333 • https://bhplnj.org reference@bhplnj.org Monday - Thursday 9AM - 9PM; Friday, Saturday 9AM - 5PM; Sunday 2PM - 5PM

# CHILDREN'S STORY TIMES AND PROGRAMS:

**Paper Plate Story Time** 

Tuesdays, 9:30 - 10:00 am Story and a craft for ages 3 - 5

**Fun with Friends Story Time** 

Thursdays, 9:30 - 10:00 am

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

**Good Tyme String Band** 

Tuesday, 1/11 at 10:30 am Join Ray, Len, Tom and Pete for fun Banjo

> sing-along for all ages Sing & Sign Storytime

Exact date & time to be announced
Listen to Miss Laura read a story and watch as
Danielle Neri tells it using sign language

**Take & Make Crafts** 

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:**

#### **Medicare Basics for Prospective Retirees**

Wednesday, January 19 at 7:30 pm
Planning to retire in 2022? This Zoom
information presentation by Neil Berger will
help you understand the basics of Medicare.
Please email registration@bhplnj.org and
include your name & email or call the
Reference Desk (908-464-9333, ext. 3) to sign
up. The Zoom meeting link will be emailed to
you prior to the program.

#### **Book Group**

Friday, 1/7/22 at 10:30 am Tuesday, 1/11/22 at 7:15 pm

January's book group selection is The Happiness Project by Gretchen Rubin. This title is available on hoopla as an eBook & eAudiobook.. Please stop by in person, call the library or email reference@bhplnj.org if you would like to join this zoom meeting or have questions about the book group.

#### SENIOR DAY TRIP JANUARY 17

The Berkeley Heights Seniors are sponsoring a trip to Resorts Casino in Atlantic City on Monday, January 17. The bus leaves the parking lot at Town Hall, 29 Park Avenue, Berkeley Heights, at 8:30 a.m. and will return at 7:15 p.m. The cost is \$35 which includes bus transportation and a \$20 voucher for slot play. For further information or reservation, call Ramona at 908-647-3295.

#### **ART SHOW IS LOOKING FOR YOUNG ARTISTS**

The Summit Free Public Library and The Summit Library Chinese Club are hosting their second annual art show.

Young artists from Summit and around the region are invited to participate in the Summit Free Public Library's 2022 Chinese New Year Art Show! The theme of this year's art show is Feast! So, put on your thinking caps, and try to see how you can create a piece of artwork around that theme.

#### **HERE ARE THE RULES:**

Entrants must be a student enrolled in 2022. Kindergarten thru 8th grade, or an equivalent grade, and must live in Summit, New Providence, Berkeley Heights, Chatham, Madison, Club Millburn/Short Hills, Mountainside, Springfield, and/o

Each participant may only enter one (1) piece. Works of crayons, pastels, water colors, oil paints, acrylic paints, ink, pencil, mixed media, etc. are all accepted.

Works may be created on letter-sized paper  $(8.5 \times 11)$  or  $11 \times 14$  paper.

Please drop off your work at the Summit Free Public Library (75 Maple Street, Summit, NJ



07901) between January 1st, 2022 and January 16th, 2022 during regular library hours. Entries must be received by 5:00 p.m., January 16th, 2022

By entering this event, you are granting Summit Free Public Library and the Chinese Club the right to display your artwork in the library (or the Summit Community Center), and/or post your name, age, city, and the image of your artwork on our website and social media pages.

If you have any further questions about the Chinese New Year Art Show, please contact us at SummitChineseClub@gmail.com.

If you submit a work, it will be hung on the bulletin boards at the Summit Free Public Library from January 16 thru February 20, 2022.





#### **EILEEN BONACCI WINS TOP HONORS AT STATE ART SHOW**

selected as award winners in the 55th annual New Jersey Senior Citizen Art Show. Eileen Bonacci of Berkeley Heights, won Best in Show by a Professional; and 1st Place, Oil by a Professional includes more than 200 artworks created by both

Twelve artists from Union County have been artist, for the artwork, "Day at the Beach". The professional and non-professional artists, ages 60 2021 New Jersey Senior Art Show can be viewed online at niseniorarts.com.

The 2021 New Jersey Senior Art Show

and older, from 15 counties across the state. It is co-sponsored by the New Jersey State Council on the Arts and Mercer County's Division of Culture & Heritage, and is funded by the Council on the Arts with additional support from Mercer County and the New Jersey Association of Area Agencies on Aging.

Union County's annual Senior Art Exhibit is a project of the Union County Office of Cultural and Heritage Affairs in the Department of Parks and Recreation. The 2021 Union County Exhibit is on view at ucnj.org/senior-art.

As the culmination of county-based senior art shows held this year, the New Jersey Senior Art Show features every artwork that was awarded first-place at the county level in their respective categories. The New Jersey show was juried by art experts Lynn Lymere, Aubrey Kaufmann and Martha Press.

# HELP! I FOUND A WILD BIRD

The Raptor Trust is a 501(c)3 organization that provides free medical care to thousands of injured and orphaned wild birds each year.

Located at 1390 White Bridge Road, Millington, NJ, The Raptor Trust's outdoor aviary trail is open to the public daily from 9 a.m. to 4 p.m. There is no charge and no reservation necessary for general admission. Donations are always appreciated.

The Raptor Trust is also offering private guided tours, virtual school programs, and outdoor field trips and scout programs through the winter months.

You can email education@theraptortrust.org with any booking questions or find more information on our website TheRaptorTrust.org.

#### THE RAPTOR TRUST

#### THE UNION COUNTY AWARDEES ARE:

- Eileen Bonacci (Berkeley Heights) - Best in Show by a Professional; and 1st Place, Oil by a Professional artist, for the artwork, "Day at the Beach"
- Tina Berlin (Scotch Plains) 1st Place, Acrylic by a Non-Professional artist, for the artwork, "Painted Girl"
- Joe Manzella (Cranford) 2nd Place, Digital Art by a Non-Professional artist, for the artwork, "Many Paths – One Destination"
- Anne Castellano (Cranford) 2nd Place, Pastel by a Non-Professional artist, for the artwork, "The Cupcake Dog"
- Betsy Fabricant (Elizabeth) - 3rd Place, Craft by a Non-Professional artist, for the artwork, "Covered Bridge, Williamsville, Vermont"
- Natalie Gregorio (Elizabeth) 3rd Place, Photography by a Non-Professional artist, for the artwork, "Sunflower Sunset"
- Johnnye Hansford (Plainfield) Honorable Mention, Craft by a Professional artist, for the artwork, "Natural Sinamay and Purple Fascinator"
- Cheryl Payne (Hillside) Honorable Mention, Mixed Media by a Non-Professional artist, for the artwork, "Women in Their Seasons of Grace"
- Indira Govindan (Springfield) Honorable Mention, Mixed Media by a Professional artist, for the artwork, "World versus Corona"
- Janice Metzger (Westfield)
- Honorable Mention, Pastel by a Professional artist, for the artwork, "Birdsong"
- Paul Lachenauer (Cranford) Honorable Mention, Photography by a Professional artist, for the artwork, "Liberty State Park"
- Luciano Felicio (Union) Honorable Mention, Sculpture by a Non-Professional artist, for the artwork, "American Eagle"



(above) "Day at the Beach" by Eileen Bonacci took Best in Show by a Professiona"; and 1st Place, Oil by a Professional artist, at the 55th annual New Jersey Senior Citizen Art Show.







## Marketing Toolbox

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\$900

\$1000

\$1200



Qty: 6,200 Zip: 07059

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\$350

\$900

\$1200

\$1300

\$1800

\$1500



Qty: 2,800 home and bu Zip: 07069

ANY 12 ANY 15

\$1400 | \$1600

\$1600 | \$1900

\$450

\$2100

\$2500

\$1100 | \$1300 | \$1500 | \$1700

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#### **KENILWORTH CHESS CLUB IS BACK ON BOARD**

The Kenilworth Chess Club resumed meeting on November 11, 2021, after twenty months of being closed due to the Covid-19 restrictions.

Club President Jack McCorkell of Cranford held a "Welcome Back Tournament" to celebrate. The casual unrated tournament excited members, and even some new arrivals, who were itching to play "over the board" again. The three-week tournament ended in a tie for first place between Hanna Malko of Clark and Joe Renna of Cranford.

The club was formed in 1972 amid the chess craze in America spearheaded by Bobby Fischer's march to the world championship. For 45 years the club was a force to be reckoned with as its member roster included many Master level players, including state champions.

The club has a reputation for being friendly and accommodating. It welcomes non-members with no obligation or cost. It's a place where beginners can learn in a casual setting without being intimidated. Strong players are generous with their time in analyzing and giving instruction.

The club's website, kenilworthchessclub.org, is well read and features an award-winning blog by Michael Goeller and other instructional features.

Players are welcome to just pop into the Kenilworth Chess Club with no formalities every Thursday evening at 8 p.m. at the Kenilworth Community Center located next to Kenilworth Borough Hall on the Boulevard and the corner of 24th Street.



(above, l-r) Brandon Verno of Kenilworth, John Moldovan of Garwood, Hannah Malko of Clark, Jack McCorkell of Cranford, Mark Shoengold and Louis Leiggi of Colonia analyze a critical position during the post mortem of Welcome Back Tournament game between Verno and Leiggi held at the Kenilworth Chess Club.

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## ATTENTION: ADULTS OVER 40 THAT WANT TO GET LEAN, STRONG AND HEALTHY IN 2022

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A 50-Day Fitness Jumpstart that includes personal training, nutrition coaching and accountability. All sessions are held LIVE and In-Person at Gabriele Fitness in Berkeley Heights.

#### This is Perfect for you if...

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- You're sick and tired of feeling like crap
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- You've got big life event coming up and you know you're not ready because of the current state of your health and fitness
- You're finally ready right now because if you don't do something ASAP...you'll keep procrastinating... and you're scared about what could happen if this goes any longer

#### Here's what you get if you are selected to be one of the 30 participants.

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David: The pandemic negatively impacted how dedicated I was to working out and the type of food I ate. At GFP, I increased my workout routine to at least 5 days per week. Now I feel great. My aches and pains have mostly gone away and I definitely have more energy during the work day.



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Kristy: Before GFP I had never been to the gym before, but the trainers helped me learn how to work out effectively. I started working out six days a week, and I really saw results. Those results kept me motivated to continue coming back. GFP has given me my confidence back. I feel good in my body again.

#### HERE'S HOW TO GET ALL THE DETAILS





### We'll reach out and set up a FREE Consultation.



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ABOUT GABRIELE FITNESS: Gabriele Fitness is a personal training gym that helps people aged 40+ lose weight, www.gabrielefitness.com 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