

Health Hints, Fun Facts and Quick Tips

The Monthly Newsletter Designed To Brighten Your Day,
Enhance Your Body and Enliven Your Spirit

What's New?

By Chris Vercelli MATcms, RTS, CPT

Greetings my friend! Happy New Year! What an awesome month it has been! And what an awesome year it has been! So many reasons to celebrate and so many reasons to be grateful! On the 16th Andrea and I celebrated our 9th anniversary, which was yet another eye opener of how much older I'm getting (no laughing!). It was a lot of fun. It happened to coincide with the first night of Chanukah, which we officially celebrated for the first time this year. Also a lot of fun, especially for Christian, who got to open a few presents much earlier than expected. We later carried on the Hispanic Christmas tradition of getting together with my in laws on Christmas Eve and letting the kids open presents at midnight. Although it was fun, I could definitely tell that my body was not used to staying up that late (another reminder of my age, ha-ha). Luckily Christian and I got to steal away and take a nap for an hour or so while Andrea continued visiting. I love the Hispanic people but boy can they talk! On Christmas day we spent time with my family and enjoyed more fun, food and family time. It was great. I have been reflecting on 2014 over the last few weeks and I'm just amazed at how blessed I really am. I have a great family, great friends, great clients, I absolutely love what I do and I get to make a profound difference in the lives of others each and every day. Thank you so much for allowing me to be a part of your life. I wish you all the best for this upcoming year. I hope and pray that it be filled with great joy, great health and great fun! God bless you and yours!



my anniversary gift 😊



Happy Chanukah!



Merry Christmas!

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January Goof



A Warm Welcome to My Newest Clients

Jensen Dillon (referred by Jeff Dillon)

Bill McConnell (referred by Marty and Bill Mork)

Michael Robles (referred by Ben Wicks)

Brett Clark (referred by Tammy Lowe)

Joanne Pattison (referred by Herb Pattison)

Luu Montiel (referred by Chuck Trimper)

Bob Donetti (welcome back!)

Michael Mason

Pat Owen

"I sincerely thank all of you who have put your trust in me. I am very grateful for the opportunity to make a positive difference in your life. It is an honor and a privilege. Thank you also to those who refer people to me, which is the highest compliment I can get.

-Chris Vercelli

January Riddle

Be one of the first 5 to tell me the right answer and be entered to win a prize- Chris@NonFictionFitness.com

"Take me out and scratch my head. I am now black but once was red. What am I?"

Answer to last month's riddle- "5"

Congratulations to Marvin Greene, Carole Mcdermott, Carr Purser and Sheila Horwitz for solving last month's riddle

JANUARY QUOTES

"The results you achieve will be in direct proportion to the effort you apply"

Denis Waitley

"Those who hope in the Lord shall have their strength and power renewed so they can continue on and not grow weary"

Isaiah 40:31

JANUARY FUN FACTS

Boxing Day is named so because it was the day that "Christmas boxes" were given to the needy.

In Colombia, Cuba and Puerto Rico, some families stuff a large doll, which is called Mr. Old Year, with memories from the past year. They also dress him in clothes from the outgoing year. At midnight, he is set ablaze, thus burning away the bad memories.

Japan's Okinawa Island has more than 450 people living above the age of 100, and is known as the healthiest place on Earth.

Thomas Edison taught his second wife Morse code so they could communicate in secret by tapping into each other's hands when her family was around.

January Game of the Month

Over the past 12 months I've written or republished various health related articles in my newsletter that address different topics. To give a little review and create a game for you, I will test your knowledge about some of these topics. If you haven't gotten all those past newsletters or you need a refresher, you can find digital copies on my website www.NonFictionFitness.com under the tab "articles." Whoever answers the most questions will win 2 free tickets to a Pittsburgh Pirates Spring Training Game. Good luck!

1. From the January 2014 Newsletter. "Ensuring New Year's Resolution Success." Name two ways that you can ensure success in reaching your New Year's Resolution.
2. From the March Newsletter "Eliminating Energy Zappers." What is the best time of night to begin to cut back on television and computer time if you want to ensure a good night's sleep?
3. From the May Newsletter "The Cause of Every Bodily Injury." What is the cause of every bodily injury? (Hint- gravity is a form of this), and for bonus points- what system of our body protects us from this?
4. From the June Newsletter "The Four Letter Word that Most Active People Hate." Can you name this four letter word? (Hint- it happens very little when people do the same repetitive activity day after day)
5. From the July Newsletter "How to Improve Back Health by Following Mom's Advice." Name one reason why having bad posture something will over time will damage your spine and/or the rest of your body?
6. From the August newsletter "An Alzheimer's Remedy in Your Kitchen Cabinet?" Name the oil that has been shown to have a very positive impact on Alzheimer's disease and other neurological problems.
7. From the November Newsletter "Things Your Doctor Doesn't Tell You About Your Medications." What is the substance that people have injected for inflammation that causes muscle, bone and nerve atrophy as well as elevated blood sugar?

[email your entries to Chris@NonFictionFitness.com](mailto:Chris@NonFictionFitness.com)

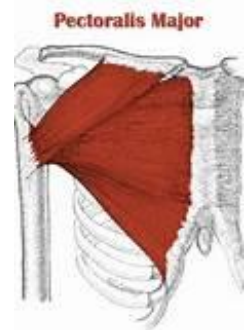
Muscle of the Month: Pectoralis Major

This month's muscle is one of the ones we depend on the most for upper body movements. It is one of the largest and most powerful muscles in our body and is the primary muscle that we use to push things away from us, pull things across our body and it also helps a lot with lifting objects over our head and anything that involves rotation of the shoulder.

If the Pectoralis Major gets shut down, many upper body movements can become comprised. This could range from everyday movements like picking up objects, pulling doors closed or pushing things away from us or it could be a movement in a sport or an exercise that requires similar movements. Ensuring your Pectoralis Major is working is an important step to preventing or eliminating such problems.

Curious if your Pectoralis Major or any other muscle is shut down? Get it tested with Muscle Activation Techniques (MAT)

Note: Inhibited or "shut down" muscles are muscles that have lost ideal communication with the nervous system (your body's computer) because of stress, trauma or overuse. Testing a muscle takes a total of 2 seconds and is done only with my hands.



To find out more about how muscle inhibition is influencing your specific problem or condition, call the new MAT hotline to hear the free recorded message 1-844-MAT-INFO

The 2014 Year in Review



In August we took a 9 day vacation and spent most of it in the beautiful Blue Ridge Mountains



In April I was featured on ABC 7 news and in November I was a guest on the weekly television show "Health Matters"



In October I did my first triathlon...barely!



In July, I finally got myself a new car. And boy is she fast!



Andrea, Christian and I goofing off during our 9 hour drive to the mountains in August. "V" is for Vercelli!



In August I got to perform my first wedding ceremony. So much fun!



In July I was given the "sweet" gift of a 16 seat suite at the Pirates-Rays game courtesy of the starting catcher



In November I officially began my soccer coaching career and we finished the season with only one loss! Go yellow!



During Spring Training I struck up a relationship with the Pittsburgh Pirates and I watched them finish strong and make the 2014 playoffs! Yeah baby!