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"trade secrets" – See the
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Out of intense complexities,
intense simplicities emerge.

Winston Churchill

DEB CARUANA's...

Vital SignsFitness!

"Insider Tips For Healthy, Wealthy & Fun Living..."

America's No. 1 killer of women.

New York City, NY – MAY 11, 2004 -- The American Heart Association found that only 13 % of women say they consider heart disease their greatest health risk, and barely more than one third have discussed the condition with their doctor. Yet every year a quarter of a million women die of heart disease—more than the total number killed by breast cancer, diabetes and Alzheimer's combined! It's America's No. 1 killer of women, as well as men.

Women who have heart attacks are treated less aggressively, fare worse and die at higher rates than men. As the population ages and cardiovascular hazards like diabetes continue to rise, women are more at risk than ever.

Men typically experience 'the hallmark symptom' of difficulty breathing and chest pain—which can travel up to the jaw and down the arm. Though many women, feel no chest sensation at all, and their symptoms are often subtle: an unyielding fatigue, shortness of breath, nausea or indigestion, back or abdominal pain, or just an odd, unwell feeling.

In general, women are less likely to receive medications like cholesterol-lowering drugs or devices like pacemakers or stents (which keep clogged arteries open) after heart disease has been diagnosed.

A woman who knows her risk factors may be able to avoid heart disease in the first place. Genes and family history up the odds, and so does plain old aging. Young women are not invulnerable, but heart disease typically strikes women after menopause, starting in their late 50s or their 60s. That's about 10 years later than men, and could account for why women fare worse after heart attacks and die at a higher rate—they're frailer and already suffering from other diseases.

Most risk factors are gender-blind. Smoking and inactivity are the pillars of bad health, clogging arteries and depriving the cardiovascular system of oxygen and nutrients. Depression and stress can trigger heart problems and make existing disease worse. And then there's the cascade of events that starts with unhealthy, high-fat eating: a spike in cholesterol and obesity, which can then trigger the debilitating effects of diabetes. Adults with diabetes are two to four times more likely to develop heart disease than nondiabetics, and yet one third of Americans don't even know they have diabetes.

Unhealthy habits account for 82 % of heart disease in women,

Back to the Garden

Flower Power is good for your bones, brain and blood pressure. Studies show that regular garden work can lower stress levels and provide a workout that compares with other exercise regimes. It's also an effective tool for fighting osteoporosis. Just looking at a garden can be good for you! Multiple highly credentialed studies have shown evidence for the benefits of horticultural therapy... a field with deep historical roots that is blossoming anew in light of ongoing research. **Word of Caution:** Don't forget your sunscreen, hydration and appropriate caution and preparation with heavy lifting. Stop and smell the roses ... another summer time cure!

Amusing Facts!

- * No word in the English language rhymes with month, orange, silver, and purple.
- * "I am." is the shortest complete sentence in the English language.
- * Ancient Egyptians slept on pillows made of stone.
- * Human teeth are almost as hard as rocks.
- * The average person has over 1,460 dreams a year.
- * One in every 4 Americans has appeared on television.

Get Free health and fitness tips, nutritional guidelines and powerful weight loss and body-shaping "trade secrets" at my website: VitalSignsFitness.com

which puts lifestyle interventions at the top of the list. Interventions include stopping smoking, at least 30 minutes of exercise most days of the week, lots of fruits and veggies. Blood pressure should be less than 120 over 80. HDL, the "good" cholesterol, should be above 50; LDL, the "bad," below 100.

Nothing, can replace awareness and vigilance. Know your heart, take symptoms seriously.

Psychological Factors in Weight Management

To continue the educational series on your health and fitness lifestyle, this article is based on accredited college nutrition programs and literature based on proven science. My hope is to empower you to take responsibility for your nutrition plan. One does not have to become a fanatic and eat perfectly to be healthy!

How we think and feel about food is profoundly influenced by how food is used in our families as children. If food is used as entertainment; a reward; a bribe; a punishment or stress relief, from sadness, anger, or other negative emotions, problems may ensue.

Often, people will eat when they are not hungry, only bored, sad, angry, upset, or lonely. When eating for these reasons, they usually eat foods high in fat, sugar, or both. There is nothing wrong with enjoying a meal, just be sure to get sufficient healthy food and limit your quantities of junk food. People who eat for reasons other than hunger will sometimes feel guilty after they indulge. This will often lead to more overeating and more guilt. These people often become obsessed with food "cookie monster syndrome". There are support groups and counseling for people who over-eat for emotional reasons.

The flip side of food obsession is anorexia nervosa and bulimia. Anorexia nervosa is a serious condition in which the person stops or severely curtails their food intake to induce weight loss. Approximately ten percent of people who are anorexic die of their disease. People with this condition see themselves as being fat, even when extremely emaciated. Bulimia is a condition where the patient eats food (sometimes gorging) and then vomits or takes laxatives or diuretics to avoid weight gain or induce weight loss. This can result in the loss of electrolytes and minerals essential for proper heart function and pH balance in the blood. Both these conditions are serious and require medical assistance.

Success in weight control comes by understanding the cause of your individual problem and then developing a program accordingly. Some people, who were unaware of what good nutrition consists of, only need to learn the facts about nutrition and exercise to apply what they have learned without difficulty.

Others have unconscious eating patterns such as eating while doing other activities and not paying attention to what or how much they are eating. By being aware of the problem and

Hard Knocks That Keep You Healthy!

Physical stress - temperature extremes, a bacterial infection, even low-level toxins - could prolong your life.

How? Bad stresses warp key proteins that regulate every process in your body. Damaged proteins play a role in more than 80 diseases, including Alzheimers, Parkinson's and Huntingtons. But in response to stress your cells deploy "Mr Fix it" molecules- called heat shock proteins- to reshape bent proteins and remove the broken ones. Payoff? Healthier cells, healthier you. Smarter/faster Mr Fix its. Longer life span.

Murphy's Laws

Whenever you set out to do something, something else must be done first.

Nature always sides with the hidden flaw.

Success always occurs in private, and failure in full view.

Two wrongs are only the beginning.

If you perceive that there are four possible ways in which a procedure can go wrong, and circumvent these, then a fifth way, unprepared for, will promptly develop.

Every solution breeds new problems..

If there is a worse time for something to go wrong, it will happen then..

If at first you don't succeed, destroy all evidence that you tried.

using techniques such as behavior modification techniques, can help the person with problems such as these.

People who have trouble changing eating habits or extreme obesity may have deep-seated emotional or psychiatric problems and may be using food to help alleviate the symptoms. Consuming large quantities of high-sugar or high-starch foods releases serotonin in the brain, which imparts a feeling of wellbeing. This can be an attempt to relieve undiagnosed clinical depression or anxiety.

Once you apply the principles of weight control for a while, it becomes part of your life style, like taking a shower or making the bed. You lose your taste for high-fat, high-sugar food and eat healthier food out of choice even when weight control isn't an issue. A blended approach including education, healthy eating habits, and exercise, along with counseling if needed, will produce permanent fat loss and weight control. A step forward in your Fitness Lifestyle.

Deborah Caruana RN, AAHRFP, NASM, ACE.

www.vitalsignsfitness.com

email deb@vitalsignsfitness.com

call 212-677-3185

Get Free Fitness Tips, Strategies and Secrets from a recognized expert at my web site:

www.Vitalsignsfitness.com

**Thank You! Thank You!
Thank You! Thank You!
Thank You!**

Thanks to *YOU* the word is spreading. Thanks to all of my clients and friends who graciously referred me to your family, friends and neighbors last month! See, rather than pester people with unwanted calls and pushy sales techniques (that's definitely not me), I build my business based on the positive comments and referrals from people just like you. I just couldn't do it without you!

Jeanne Greenberg: thanks for 2 referalls, Lori Gottbetter thanks for a referall.

Want your family to eat better?

Tell the kids that a healthful diet will make them look gorgeous. This was one of the most successful strategies in a recent family nutrition study.

Coincidence?

Since 1992, tobacco advertising dollars have nearly doubled (more than 9 billion), while the number of Americans who smoke has fallen a mere 3%.

I'd Love To Hear From YOU!

Whether your goal is to lose weight, get in the best shape of your life, perform even better in all your sports or anything in between, I can help you.

I'd love to hear from you – even if you just want to say “Hi!”

I'm full of energy, and people tell me – a pretty fun person to talk to. So please don't hesitate to call me up with any questions you have about health and fitness related issues. There's never any pressure and no obligation. I'm a resource...and a friend!

Deborah Caruana RN, AAHRFP,
NASM, ACE.
Vital Signs Fitness.com
311 E 11 St #6
NY NY 10003
CALL 212-677-3185
CELL 917-826-9083
EMAIL deb@vitalsignsfitness.com

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Do You Have A Health Or Fitness Question You Want Answered?

I love hearing from all of my good friends and clients who enjoy reading my monthly newsletter. And I'm always looking to answer pressing questions you might have about anything related to health and fitness. If you have a question, tip or idea, please feel free to call me at 212-677-3185. Perhaps I'll feature you in a future issue!

MaryEllen Geisser and Lori Gottbetter have asked about having leg and foot cramps.

This is a great question and common problem - A potassium shortage is the first thing that comes to mind. Bananas and potatoes are very abundant sources of potassium but may be restricted from your diet so here are a few other foods rich in potassium: [oranges](#), [avocado \(high in calories and fat - so be careful\)](#), [mushrooms](#), [spinach](#), [brussel sprouts](#), [raw almonds](#), [cantaloupe](#).

Other causes of cramping could be a need for an increased hydration, muscles needing more warm up, so they get more oxygen and blood, overworked OR over-exercised muscles, if the problem persists after correcting these possibilities then it's time to see your doctor. It could also be an effect of Restless Leg Syndrome, cardiovascular problems, diabetes, and anemia.

“Who Else Wants To Win A \$50 Transferable Gift Certificate?”

Take my Fitness Trivia Quiz and you could win too!

This is one of my favorite sections. Each month I'll give you a new health or fitness related trivia question. The first *TWO* people who call my office with the correct answer win a Free \$50 reduction on any personal training service I provide (one certificate per person, please). And best yet, your certificate is *transferable*. Use it yourself, or give it to a family member, friend or neighbor and help them reach their fitness goals (a truly priceless gift). Take your best guess, then call me at 212-677-3185.

Here's this month's 3-part Trivia Question...

1. Which 2 nuts contain the most fat and calories?
2. Which nut contains virtually no fat?
3. What's a high nutrient, low fat and satisfying alternative to nuts?

Call me right now with your answer, if I'm not in, my answering machine will date and time stamp your message. Good luck!
212-677-3185