



Learn my health and fitness
"trade secrets" – See the
enclosed Free Resources insert...

Volume I, Issue 4
Tuesday, 12:30 PM

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Take care of your
body. It's the only
place you have to live.

Jim Rohn

DEB CARUANA's...

Vital SignsFitness!

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

Holidaze

It's the travel time, meaning hours spent sedentary. It prepares me for the visiting, when I know there'll be no activity. I try to see it as winding down to catch up with where our lives have gone in the past 6 months. A semiannual sharing and reflection with family. An enchanted time when reality is lived through a rose tinted holidaze.

Rules of day to day no longer apply as you surrender to the hearts and minds of those closest. Conversation, food and wine are intoxicating. You can't leave the table the conversation is too good. The holiday food keeps coming. I fall back into the silken warmth of family stories and recollections of past years.

I generally eat until I am sated but now... its quest for space, I must keep up, I can't be that... "I don't eat that wimp". I can't spoil this mood and bring everyone down to reality! Somehow I manage to find space for that piece of dark nutty chocolate beckoning me to come home to my pallette, where it would receive all the comfort love and warmth I need to express in this state of holiday bliss. I have now surrendered..... The conversation wonders back to a particular chocolate that sister in law is passionate about and as she unfolds its mysteries you must taste and discover. This is no time for excuses.

Feeling good. Eyes wonder out to the blanket of snow and everything feels safe and warm. The last place I would want to go is out into the cold ('reality' I think). All is swell; until that transition day when you walk back into the doors of your own home.... if you can fit.

All the good times, and intoxication are fading into never ever land. I look at myself in the mirror and think "I did my duty". Then dreamily go into a fond reverie....until I try on those tight jeans!!!

It's time to take action, I feel passionate again, my workouts are inspired. I'm like Rocky Balboa. Underdog to champion. As long as I try my best I am guaranteed results, I can only get better from here. It's back to clean living and motorvation.

More than anything I think it's the transitions that are harder than anything. Resisting the surrendering to the holidaze, then resisting leaving them. And it's exactly this change that fuels the fire within. Change, is like a breath of fresh air. The air causes a conflagration, of fire for inspiration.

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

www.vitalsignsfitness.com

Amazing Facts!

** Close to 3 billion movie tickets
are sold in India every year.

** The tallest woman in the world
is American Sandy Allen who is 7
feet 7 inches.

** For the blockbuster movie "The
Terminator," O.J. Simpson was
considered to play the role of the
Terminator, but producers did not
choose him as they thought he
would not be taken seriously.

** Wild cabbage was once
recommended as an aphrodisiac.

** It was common in the 13th
century to baptize children with
beer.

** The state of Utah is known as
the beehive state.

** An apple, potato, and onion all
taste the same if you eat them with
your nose plugged. They all taste
sweet.

** The eight most popular foods to
cause food allergies are: milk, eggs,
wheat, peanuts, soy, tree nuts, fish,
and shellfish.

** One ounce of chocolate has
about 20 mg of caffeine in it.

** The first email was sent out by
Ray Tomlinson in 1971.

Successful Grocery Shopping

You're in a rush after work so you dash in the grocery store to pick up fixings for a quick meal. During your mad scramble you are so starved that your eyes wander to foods that are high calorie "quick fixes" but are not really wholesome. How can you get yourself to be less impulsive and a wiser shopper? Your chance of losing weight is slim if you don't have the nutritious ingredients it takes to prepare healthy meals and grocery shopping every week can feel like a Herculean task, especially with kids in tow. But there's still hope.....just a little extra planning each week can result in thousands of saved calories.

BEFORE YOU HIT THE STORE...

Once you have an idea of how to plan a healthy menu, you also have everything you need to create a grocery list to shop from. The following are tips to help you simplify your shopping task:

- Make a list and buy only the items on your list.
- Remember whole grain foods, fruits, vegetables, dried beans, nonfat and low-fat foods should dominate your list.
- NEVER go shopping for groceries when you're hungry! This is a sure-fire way to sabotage your new, healthy lifestyle. Avoid temptation. Eat an apple first!
- Skip going down aisles full of high calorie and high fat foods.
- Shop the outer aisles of the store. This is where the dairy, produce, breads are.
- Most stores put the popular high fat items on shelves at eye level. Check out the goodies on the top and bottom shelves.

Read labels carefully!!! By reading labels you can spot hidden fats, sugar, sodium and calories

Remember, if you don't buy junk food which are high in calories and fat, the kids won't want them, and better yet: You won't eat them

Researcher Links Obesity with Food Portions

AP - With self-refilling bowls of soup and jumbo buckets of stale popcorn, professor Brian Wansink has identified one culprit for U.S. obesity: excessive food portions.

CT Scans May Affect Kids' IQ.

Children who suffer a head injury are often routinely examined by a CT scan. Now, a Swedish team has found that radiation doses typically delivered by such a scan during infancy may harm intellectual capacity later in life.

Capitalism for Dummies

-Traditional Capitalism: You have two cows. You sell one and buy a bull. Your herd multiplies, and the economy grows. You sell them and retire on the income.

-American Capitalism: You have two cows. You sell one, and force the other to produce the milk of four cows. You are surprised when the cow drops dead.

-French Capitalism: You have two cows. You go on strike because you want three cows.

-Japanese Capitalism: You have two cows. You redesign them so they are one-tenth the size of an ordinary cow and produce twenty times the milk. You then create cow cartoon images called Cowkimon and market them World-Wide.

-German Capitalism: You have two cows. You reengineer them so they live for 100 years, eat once a month, and milk themselves.

-Italian Capitalism: You have two cows, but you don't know where they are. You break for lunch.

-British Capitalism: You have two cows. Both are mad.

-Russian Capitalism: You have two cows. You count them and learn you have five cows. You count them again and learn you have 42 cows. You count them again and learn you have 12 cows. You stop counting cows and open another bottle of vodka.

-Cuban Capitalism: You have two cows. They try to swim to Florida.

-Chinese Capitalism: You have two cows. You have 300 people milking them. You claim full employment, high bovine productivity, and arrest the newsman who reported the numbers.

-Hindu Capitalism: You have two cows. You worship them.

Shin Splints In Winter

In the rush to jump into ice hockey, skiing, ski boarding or other cold weather activities, winter athletes sometimes forget conditioning is important year-round. Poor conditioning can cause shin splints.

Shin Splints is a non-medical term, to describe pain in the front of their lower leg, about midway between the knee and ankle. It's a condition doctors call tendonitis when one of the tough, dense, cordlike bands of tissue that connect bones to muscles directly behind the shin bone gets inflamed.

Tendonitis in this area of the body can be caused by the way a foot strikes the ground, poor conditioning or a strength imbalance between two muscle groups in the leg that normally work together. When the shin splints are the result from a muscle imbalance, it's often useful to strengthen the weaker muscle to correct the imbalance as well.

Remedies: heat before workout and ice after the event (20 minutes), Rest, as stated above, strength training of weaker muscle, stretch tighter muscles.

Are You My *Client Of The Month*?

Every month I choose a very special *Client Of The Month*. It's my way of acknowledging good friends and saying "thanks" to those who support me and my business with referrals, word of mouth and repeat business.

This month's *Client Of The Month* is Jackie Greenberg, because of her intentions. Her continuous, relentless and ongoing efforts and concern for the health of my business, is heart warming. While I train Jackie in her apartment buildings gym, she never fails to promote my services to those in the gym. She talks to her friends about my services and the fruits of her labor are soon to manifest. Her thoughtfulness is touching, Jackie also happens to be one of my more advanced lactate threshold trainees, her sports performance is great, her cardiovascular conditioning is excellent. An inspiration for any one wanting to improve cardio conditioning.

You might be my next *Client Of The Month*. Wait for your name here in an upcoming month!

Tire Check

Tire pressure is especially important during the winter.

Traction is often at a minimum due to wet or snowy conditions. It is critical to have properly inflated tires, as this guarantees the best possible contact between the tire and the road.

Because of wintertime lower temperatures, the air pressure in a cold tire will drop. Why? Because air is a gas, and gas contracts when it cools. Keep this in mind if you are checking tire pressures. Generally, for every 10-degree Fahrenheit change in ambient temperature, your tire's inflation pressure will change by about 1 psi (up with higher temperatures and down with lower temperatures). Have your Tires inspected.

“You gain strength, experience, and confidence by every experience where you really stop to look fear in the face... You must do the thing you cannot do.”

Eleanor Roosevelt

“The real voyage of discovery consists not in making new landscapes but in having new eyes.”

Marcel Proust

“ An aim in life is the only fortune worth the finding; and it is not to be found in foreign lands, but in the heart itself. “

Robert Louis Stevenson

“The victory of success is half won when one gains the habit of work.”

Sarah Knowles Bolton

“Energy and persistence conquer all things.”

Benjamin Franklin

Let it Go, Let it Go!

Gaining more control over hostile feelings may help reduce your risk of unhealthy behaviors over the years.

Get Free health and fitness tips, nutritional guidelines and powerful weight loss and body-shaping “trade secrets” at my website:

vitalsignsfitness.com

Stay Happy

Exercise is good for your body, but did you know that exercise is also good for your mind?

How to Look Younger

Modern research tells us that the real Fountain of Youth is regular physical activity.

“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 Trivia Question...

While flying, I sometimes have a cocktail or two, and most of the time, I am really loopy by the time we land. Some colleagues of mine have told me that one drink in the air is the equivalent of 2 drinks on the ground. How is this possible?

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

What's your BMI

Body Mass Index (BMI) is an assessment to determine if a person is underweight, overweight or within a healthy weight range. BMI *correlates* with body fat.

19 20 21 22 23 24 25 26 27 28 29 30 35 40

Height(in.)	Weight (lb.)
58	91 96 100 105 110 115 119 124 129 134 138 143 167 191
59	94 99 104 109 114 119 124 128 133 138 143 148 173 198
60	97 102 107 112 118 123 128 133 138 143 148 153 179 204
61	100 106 111 116 122 127 132 137 143 148 153 158 185 211
62	104 109 115 120 126 131 136 142 147 153 158 164 191 218
63	107 113 118 124 130 135 141 146 152 158 163 169 197 225
64	110 116 122 128 134 140 145 151 157 163 169 174 204 232
65	114 120 126 132 138 144 150 156 162 168 174 180 210 240
66	118 124 130 136 142 148 155 161 167 173 179 186 216 247
67	121 127 134 140 146 153 159 166 172 178 185 191 223 255
68	125 131 138 144 151 158 164 171 177 184 190 197 230 262
69	128 135 142 149 155 162 169 176 182 189 196 203 236 270
70	132 139 146 153 160 167 174 181 188 195 202 207 243 278
71	136 143 150 157 165 172 179 186 193 200 208 215 250 286
72	140 147 154 162 169 177 184 191 199 206 213 221 258 294
73	144 151 159 166 174 182 189 197 204 212 219 227 265 302
74	148 155 163 171 179 186 194 202 210 218 225 233 272 311
75	152 160 168 176 184 192 200 208 216 224 232 240 279 319
76	156 164 172 180 189 197 205 213 221 230 238 246 287 328

or use this formula

BMI = (Weight in Pounds
(Height in inches) x (Height in inches)) x 703

BMI is not the only indicator of health risk.

Other factors that may be important to look at when assessing your risk for chronic disease include:

- Diet

Resources:

Reuters News
Journal American College of
Nutrition
About.com
CNN News
AP News
Health Day News
Jokes.com
Idea
Facts.com
American Heart Association
Great Quotes.com
Weight Watchers

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Fitness

- Physical Activity
- Waist Circumference
- Blood Sugar Level
- Cholesterol Level
- Family History of disease

Below 18.5 Underweight

18.5 – 24.9 Normal

25.0 – 29.9 Overweight

30.0 and Above Obese

Myth: BMI Measures Body Fat

Two people can have the same BMI, but a different percent body fat. A bodybuilder with a large muscle mass and a low percent body fat may have the same BMI as a person who has more body fat because BMI is calculated using weight and height only.

These men have the same height, weight, and BMI, but may have different percent body fat.

This is a good reminder that BMI is only one piece of a person's health profile. It is important to talk with your doctor about other measures and risk factors. (e.g., waist circumference, smoking, physical activity level, and diet.)

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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!

**Jackie Greenberg: For cotinuously
promoting and sending referrals.**

**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!

"I really want to workout and get in-shape, but I just don't have the time. What should I do?"

Answer: You are not alone. One of the top reasons people give for not working out is lack of time. The first step is to realize that it's not that you don't have the time, but that you are not making it a priority in your schedule. What people don't realize is that it doesn't take a huge time commitment to reap the many rewards of regular exercise. Many people think that if they can't workout several hours a week, then they might as well not workout at all. But, exercising even just a couple of days a week is far better than not exercising at all. The key is finding a truly effective and efficient workout plan. Which, having experienced my workout you know you have!

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