



Learn my health and fitness trade secrets at www.vitalsignsfitness.com

**Volume I, Issue 9
Tuesday, 12:30 PM**

Inside This Issue...

**Lactate Threshold Training
...Page 1**

**Dietary Recommendations
...Page 2**

**Diet Facts!!!!!!!!!!?...
Page 2**

**Did You Win A Gift
Certificate?...Page 3**

**Fitness Trivia Quiz – Win A
Valuable Prize...Page 3**

Education is not
filling a bucket,
but lighting a
fire. - *William
Yeats*

Get Free health and fitness tips at
my web site:
www.VitalSignsFitness.com

DEB CARUANA's...

Vital SignsFitness!

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

Lactate Threshold Training

What is it? Why do we do it?

It's not just because it's the toughest workout you have ever done in your life. And it's not just because you can feel your metabolism going through the roof, burning the fat almost instantaneously. It's also not due to the fact that after a few workouts you start to see muscle tone and then get really inspired to get more results. It's certainly not that, even though it's so painful and you can't wait to do it again because you know in your heart... This is how exercise is supposed to feel.

These are not the reasons we do Lactate Threshold Training.

What is it?

When muscles contract vigorously for long periods, the circulatory system begins to lose ground in delivery of oxygen (necessary for energy production). In these conditions the breakdown of glucose is converted to lactic acid. As the lactate is produced in the muscles, it leaks out into the blood and is carried around the body. If this condition continues, the functioning of the body will become impaired and the muscles fatigue very quickly. This point is often measured as the lactate threshold.

Why Do We Do It?

The aim of the training system is to saturate the muscles in lactic acid, which will educate the body's buffering mechanism to deal with lactic acid more effectively. Thus raising the anaerobic (lactate) threshold. It's not the lactic acid that causes the burn in the muscles as you exercise, but the hydrogen ions released as the lactic acid leaks out.

[An elevation in blood lactic acid levels is a major trigger of growth hormone \(HGH\) release.](#) Increasing HGH, is beneficial for gaining muscle / lean tissue and reducing fat.

Aging: Many of the physical and personal changes that are associated with the aging process are directly related to the age related decline in Human Growth Hormone, HGH. Many of the 'acknowledged symptoms' associated with 'maturing' are directly related to hormonal demise. In 1996 the US FDA approved HGH for treating symptoms associated with adult hormonal demise. The FDA approved that medical [signs and symptoms](#) of HGH demise are parallel with the conditions associated with the progression of aging: Fat gain, muscle loss, loss of energy, poor sleep, skin changes, bone density loss, libido issues .. all HGH related. Increasing HGH has a

Diet Facts!!!!!!!!!!!!!!?



A diet is a weigh of life.



It's not the minutes spent at the table that put on weight, it's the seconds.



It's something most of us do religiously: We eat what we want and pray we don't gain weight.



A diet is the modern-day meal in which a family counts its calories instead of its blessings.



The most fattening thing you can put in an ice cream sundae is a spoon.



The biggest drawback to fasting for seven days is that it makes one weak.



Sweets are the destiny that shapes our ends.



Diets are for people who are thick and tired of it.



One guideline applies to fat and thin people alike: If you're thin, don't eat fast. If you're fat, don't eat - FAST.



Diets are for women who not only kept their girlish figure but doubled it.



A diet is when you have to go to some length to change your width.



Many women reduce and reduce, yet still never manage to become a bargain.



The best way to lose weight is by skipping ... snacks and desert.

"It is a hard matter, my fellow citizens, to argue with the belly, since it has no ears." - [Plutarch](#)

Deborah Caruana RN, AAHRFP, NASM, ACE.

www.vitalsignsfitness.com

email deb@vitalsignsfitness.com

call 212-677-3185

positive effect on our skin, body composition, muscle tone, mood, energy, sleep quality, and bone density.

Metabolism: Fat utilization requires HGH! Low blood sugar triggers the secretion of HGH to utilize fat for energy. The best time for HGH stimulating exercise is in the morning after the all night fast. If you cannot exercise first thing in the morning, time meals so that you have several hours (2 - 3) to burn off the blood glucose from the meal, before you workout. A relatively hard, planned and synergistic workout will result in up to a 250% increase in HGH secretion.

Posture and Alignment: The constant total body movement (infinite & constant movement variations) results in a constantly changing center of gravity. You instinctively assume a personally optimum posture and naturally fine tune the muscles of grace, balance, alignment and posture.

Taking a week off from training every 8 to 10 weeks is very important for overall recuperation. Many people have a psychological barrier to taking time off from training. They feel like they are going to shrink. Not so. In fact after your week off for complete recovery you will usually come back stronger and energized.

This program is based on the research published by the recognized leaders of HGH and AntiAging Research: Dr. Donald Rudman, Dr. Ronald Klatz, Dr. Mario DiPasquali, Sandy Shaw and Dirk Pearson. Renowned doctors, authors and scientists with findings published worldwide. New England Journal of Medicine, several best selling scientific / technical medical books and a multitude of magazine articles.

Dietary Recommendations

Eat a high protein / lowish carb and fat meal 15 - 45 minutes after exercise.

Five to Six small meals per day spaced 3 1/2 hrs apart.

Protein

No potential problem with consuming 1 gm of protein per pound of body weight per day. Whey protein is inexpensive, low fat, low carb and convenient for a high protein shake.

Animal Protein

- Lean Beef
- Skinless Chicken , Turkey
- Eggs. A wonderful, nutritious food!
- Fish

Good Oils. More good OIL not just more fat. 20% - 30% of total calories. Specific Essential Fatty Acids are needed for most of the bodies hormonal functions. Olive, Sunflower or Canola oil for salads & cooking.

Trim the fat out of the beef & pull the skin off the chicken and turkey.

Lower Carbohydrates.

- Raw fruits & Vegetables are nutrient dense & fiber rich.

Amazing Heart Facts

Sure, you know how to steal hearts, win hearts, and break hearts. But how much do you really know about your heart and how it works? Read on to your heart's content!

*Put your hand on your heart. Did you place your hand on the left side of your chest? Many people do, but the heart is actually located almost in the center of the chest, between the lungs. It's tipped slightly so that a part of it sticks out and taps against the left side of the chest, which is what makes it seem as though it is located there.

*Hold out your hand and make a fist. If you're a kid, your heart is about the same size as your fist, and if you're an adult, it's about the same size as two fists.

*Your heart beats about 100,000 times in one day and about 35 million times in a year. During an average lifetime, the human heart will beat more than 2.5 billion times.

*Give a tennis ball a good, hard squeeze. You're using about the same amount of force your heart uses to pump blood out to the body. Even at rest, the muscles of the heart work hard--twice as hard as the leg muscles of a person sprinting.

*Feel your pulse by placing two fingers at pulse points on your neck or wrists. The pulse you feel is blood stopping and starting as it moves through your arteries. As a kid, your resting pulse might range from 90 to 120 beats per minute. As an adult, your pulse rate slows to an average of 72 beats per minute.

*The aorta, the largest artery in the body, is almost the diameter of a garden hose. Capillaries, on the other hand, are so small that it takes ten of them to equal the thickness of a human hair.

- Processed grains are mostly useless, non nutritious calories with minimal fiber.
- More Raw Fruit & Vegetables.
- Way Less Sugar.
- Less bread & pasta. Use whole grains when you do enjoy the grain products.

Eating five or more servings a day of fruit and vegetables lowers your chances of getting cancer.

Persons with extreme weight loss requirements (more than 50 pounds) obviously have different needs than the average weight conscious person. Persons striving for a 5% body fat and rippled abs probably also have different goals than simply enjoying a healthy life.

Recognizing that food is a sensual thing and to enjoy eating is certainly a simple pleasure. However being intelligent in sensual pleasures is certainly not an unheard of concept today. Fast food is a luxury. I eat fast food. I enjoy ice cream. Thank God I don't particularly like doughnuts.

Dr. DiPasquali's diet allows you to low carb for 5 or 6 days per week and "binge" on what ever you want for one or two days. This will make sticking to a "diet" easier and will eliminate the over whelming cravings that can dominate your sub conscious hunger center.

This 'breaking' of the 'low carb' diet will also serve to 'reset or raise' your basal metabolism.

Cooking for Good Nutrition and Weight Control

Choose methods of cooking that will retain flavor, color and nutrients. Steam instead of boiling vegetables. Avoid cooking at high temperatures (except for quick stir-frying) and long cooking times. Both extended heat and liquid can destroy or leach out valuable nutrients.

Add vegetables whenever possible to ensure your five-a-day intake. Experiment with more veggie variety in salads, try new vegetable mixes, include some shredded vegetables in casseroles, and add different vegetables to soups and stews. Use chopped red or yellow peppers to "pep" up the flavor. Try vegetable salsas and fruit chutneys as accompaniments to meat or poultry in place of heavy gravies or sauces.

When you use oil, select olive, sunflower or canola oil. Drain off visible fat while cooking, blot pan-fried foods on paper towels to absorb extra grease.

*****Lower Blood Sugar Helps Memory in Diabetes (Reuters)**

-Poor memory and brain function is an important but overlooked side effect of diabetes, but controlling blood sugar helps, researchers said on Saturday.

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

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

Copyright © 2001 Vital Signs
Fitness

**Get Free health and fitness tips at
my web site:
www.VitalSignsFitness.com**

Resources: Reuters News
Journal [American College of
Nutrition](#)
Mrsmegabyte.com
CNN News
ToInspire.com
NOVA
Sports Coach.com
Doctorfunnywoman.com
New England Journal of Medicine
American Heart Association

“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' Trivia Question...

Question: What is good pain, and what is bad pain?

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

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!

Jackie Greenberg asked a question about cellulite.

This is a common problem especially for women
Cellulite is the lumpy substance resembling cottage cheese that is commonly found on the thighs, stomach, and butt. Cellulite is actually a fancy name for collections of fat that push against the connective tissue beneath a person's skin, which causes the surface of the skin to dimple or pucker like the surface of an orange peel.

Your [genes](#), your gender, the amount of fat on your body, your age, and the thickness of your skin are all associated with the amount of cellulite you have or how visible it is. Experts agree that an exercise routine that combines [aerobic exercise](#) with [strength training](#) is the best weapon against cellulite. In the meantime, if you want to conceal your cellulite, try using a self-tanning product? Cellulite tends to be a little bit less noticeable on darker skin.