



Learn my health and fitness  
"trade secrets" – See the  
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**Volume 1, Issue 8**  
**Tuesday, 12:30 PM**

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Out of intense  
complexities,  
intense simplicities  
emerge.

*Winston Churchill*

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# **DEB CARUANA'S... Vital Signs Fitness!**

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

## **Benefits of Exercise when pregnant**

Exercising during pregnancy is always a very good idea, and the benefits for you are numerous. Exercise will help you ensure that you stay healthy and fit. The healthier you are during pregnancy, the less likely that you will have any difficulties with pregnancy. The fitter you are, the easier your childbirth experience will be.

It will help you control your weight gain during your pregnancy and your weight loss after pregnancy. It will also help minimize stretch marks.

Most importantly exercise will:

- **Increase your Self esteem**, lowering depression and anxiety
- Help maintain a **healthy and steady** weight gain for you and your baby
- Help **reduce** pregnancy related **discomfort** such as backaches, leg cramps, constipation, bloating, and swelling
- Help you to recover from delivery and return to a healthy weight faster.
- **Accelerate** postpartum weight loss
- Improve your mood, energy level, and feelings about the way you look
- **Improve sleep** quality
- Strengthen your muscles and improve your blood flow

**Exercising** does however need to be **kept in moderation**. If you are someone who has always exercised, then there are a few changes that will need to be made to adapt to your changed body. If you have just started to exercise, then you will need to **ease** yourself into it.

- If you have been exercising regularly, you will be able to maintain your routine to some extent throughout your pregnancy
- If you are just starting to exercise you should start gradually
- Try and exercise at least 3 times a week
- Stretch, but not too much. Extreme stretching could actually cause more damage than good
- Try and measure your heart rate constantly during exercise. Try not to exceed **150 beats** per minute.
- Try to take as much fluid as you can before and during exercise
- **Don't** lift heavy weights while pregnant
- **Never** exercise to the point of breathlessness

## 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.

**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 Rohatyn: thanks for 2 referrals, Jackie Greenberg thanks for a referral!**

- Wear comfortable clothing that fits well and supports and protects your breasts.
- Stop exercising if you feel dizzy, short of breath, pain in your back, swelling, numbness, sick to your stomach, or if your heart is beating too fast or at an uneven rate.
- Choose moderate activities that are unlikely to injure you, such as walking, aqua aerobics, swimming, yoga, or hire a personal trainer with a certification in maternity fitness who can give you a tailored program to suit all your needs and enhance your maternity experience.

## Exercising after Birth:

Most women are very eager to regain their **pre-pregnancy figures**, and women who have exercised through out their pregnancy will **gain their figure back much faster** than those who haven't exercised during pregnancy.

As before when you started training or exercising when you were first pregnant, you need to **start off slowly**. You may only start exercising again once your body has completely healed from the stress of labour. So start slowly, and enjoy getting **back the figure** you used to have!

## Tips for pregnancy

- Talk to your health care provider about how much weight you should gain during your pregnancy.
- Eat foods rich in folate, iron, calcium, and protein, or get these nutrients through a prenatal supplement.
- Talk to your health care provider before taking any supplements.
- Eat breakfast every day.
- Eat high-fiber foods and drink plenty of water to avoid constipation.
- Avoid alcohol, raw fish, fish high in mercury, soft cheeses, and anything that is not food.
- Aim to do at least 30 minutes of moderate activity on most days of the week. Talk to your health care provider before you begin.
- After you deliver your baby, continue eating well. Return to a healthy weight gradually.
- Slowly get back to your routine of regular, moderate physical activity.
- Take pleasure in the miracles of pregnancy and birth.

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## 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..

**Q.** I love cheese and eat many different kinds. I was at a party the other night and brie on crackers was one of the foods being served. A pregnant woman passed stating that it's not safe to eat cheese during pregnancy. Since my husband and I have just started to try and get pregnant, I was wondering if I should avoid eating cheese if I do get pregnant? What exactly makes cheese unsafe to eat during pregnancy?

**A.** There is an occasional wheel of cheese that may be infected with a harmful bacteria called listeria. The cheeses most often mentioned are unpasteurized and imported and include the following: brie, camembert, the blue veined cheeses, goat cheese, feta cheese and soft Mexican style cheese. It is best to avoid these during pregnancy. There has also been some suggestion that listeria can also be found in luncheon meats. If you do eat luncheon meats during pregnancy, be sure that they appear to be well cooked and do not have a foul taste or odor.

## 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 **Lori Gottbetter** who when I first started with her, Max her second child was 2 years old and now he is almost 5. Her recovery from her last pregnancy with Max was slow because of so many problems including a paralysis of her right and left lower body. As we worked together her progress was very gradual but constant as the nerve innervation through her lower limbs became stronger. Prior to pregnancy Lori had always been slim and fit. The culmination of 2 pregnancies and complications with Max, left Lori with 15 extra lbs. After working out together for 1&1/2 years Lori was getting stronger but frustrated, with no weight loss. Her frustration propelled her finally to do the cardio that I constantly reminded her of and in 2 weeks the pounds just fell off. After a cardio stint and working so hard the kids food no longer tempts her and Lori gained back her will power instead of pounds. Over the holidays she gained a couple pounds but no serious damage. She's back and on track and looking and feeling 10 years younger. Congratulations Lori! And thanks for the referrals!! **You might be my next *Client Of The Month*. Wait for your name here in an upcoming month!**

**Q.** My newborn is only a couple of days old, and she still has her umbilical cord. I've noticed it is blackening a little. Is this normal?

**A.** Within 10 to 14 days after birth, your baby's cord will turn black and then fall off. Until this happens, keep the diaper folded below the cord, and the baby's shirt folded up. Your care provider will tell you exactly how to take care of the umbilical area until the cord falls off. Usually a cotton-tipped applicator dipped in rubbing alcohol is swabbed around the base of the cord at each diaper change. If the area around the cord looks red or swollen, begins to bleed or has puss, be sure to call your baby's health care provider.

**Q.** What are the safest months to travel by plane if I am pregnant? This will be a trip from the U.S. to Asia, so it will be a long haul.

-- KS

**A.** If you are planning on unusual travel such as deep sea diving, mountain climbing or visiting Third World countries, you should contact your doctor far in advance. Ordinary types of travel such as to Europe, the Caribbean or throughout the United States are best accomplished through the early third trimester. The last two months of pregnancy I would recommend that you stay within approximately a one and-a-half to two hour driving distance of your home.

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***Get Free health and fitness tips, nutritional guidelines and powerful weight loss and body-shaping “trade secrets” at my website: [VitalSignsFitness.com](http://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!

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Fitness

**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%. Hmmm.

**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.

**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.

**Q.** How do I decide which labor and delivery pain relief option to choose?

-- JG

**A.** Consult with the obstetrician and/or midwife you will be seeing throughout your pregnancy, talk to your friends and colleagues, and contact an anesthesiologist at your hospital. Attend childbirth education classes and read the literature provided by your hospital. If you want to try natural childbirth, your anesthesiologist may still want to see you to address any questions/concerns.

If you begin the labor and delivery process using a natural childbirth method, but during labor feel that this method is not adequate for your pain relief, please do not think you have failed. If you change your mind during labor, an anesthesiologist would be happy to help you, provided your labor is not so advanced that delivery is imminent.

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