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**Volume I, Issue 11**  
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Without  
haste, but  
without rest. -  
Goethe

## ***DEB CARUANA's...***

# **Vital SignsFitness!**

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

### **The Perfect Body.**

Everyone wants it. If we have the perfect body, it becomes a race to keep it. "I can't gain that weight back." If we don't have it we resent it, some to inconsolable longing. This longing can verge on an obsession to extreme measures (Al Roker). We strive for those low body fat numbers 8-10% for men and 15-20% for women.

We count calories or eat low carb for that perfect thin body. We want all traces of rolls, dimples and squishy, puffy soft skin gone. All signs of gravity lifted. Our age needs to be defied. We want tone, tauged and lean skin and muscles. We have to look like models and superstars who are paid thousands a day to look the way they do. Lithe. long, lean, sinewy, wispy even drawn. Pay no attention that these stars can afford the time and trainers to exercise 4 hours a day in the pursuit of perfection.

There's a plethora of diet books out there. We're all studying weight loss. Each new book brags a new solution. But the diet industry has grown as large and swollen as the American public's waistlines. Diets, pills, patches, concoctions, procedures, prescriptions and remedies to supposedly 'cure your condition'. Meanwhile health care costs are spiraling out of control from high cholesterol, high blood pressure, diabetes and other diseases exacerbated by being overweight. We can turn away from it in anger, disgust or frustration, to give up and get fat (1/4 of America). Or continue from one diet to the next fad, yoyoing into obesity (other 1/4 America). What is going on?

As life gets easier with our technological advances and our economic success we become more sedentary. Is it the increased need for instant gratification causing the obesity? Or is it mass produced fast foods with no nutritional value that are just too easy to acquire? Add to this a sedentary lifestyle. Speaking of instant gratification, liposuction seems an easy solution. It will suck the fat away making us look perfectly thin but our blood chemistry doesn't change. We're still overweight inside, ripe for heart disease and sure to gain the weight back. The weight then tends to come back in all the wrong places exacerbating the situation (look out Nicole Smith!)

**Deborah Caruana RN, AAHRFP, NASM, ACE.**

[www.vitalsignsfitness.com](http://www.vitalsignsfitness.com)

email [deb@vitalsignsfitness.com](mailto:deb@vitalsignsfitness.com)

call 212-677-3185

## Amazing Facts!

A giraffe can clean its ears with its 21-inch tongue!

The average person laughs 10 times a day!

An ostrich's eye is bigger than its brain

The placement of a donkey's eyes in its' heads enables it to see all four feet at all times!

The six official languages of the United Nations are: English, French, Arabic, Chinese, Russian and Spanish.

Earth is the only planet not named after a god.

You can't kill yourself by holding your breath

There is a city called Rome on every continent.

You're born with 300 bones, but by the time you become an adult, you only have 206.

Right handed people live, on average, nine years longer than left-handed people

The word "queue" is the only word in the English language that is still pronounced the same way when the last four letters are removed.

More people are allergic to cow's milk than any other food.

Beetles taste like apples, wasps like pine nuts, and worms like fried bacon.

Of all the words in the English language, the word 'set' has the most definitions!

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[www.Vitalsignsfitness.com](http://www.Vitalsignsfitness.com)**

## Self-esteem and body weight are inextricably linked.

I have to say that the recognition I receive (as a woman) for being slim is real. Generally the thinner I am the more positive the response. My experience probably reflects others, in that the social recognition for thin is insidious. Media, society, and culture reinforce these perspectives. Self-esteem and body weight I conclude are inextricably linked for most. It will take more than a rebellious few such as Queen Latifa who's refreshing attitude expresses "Thin for who? For what? I like my meals! I'm happy and successful! And I like being full figured!" Her message liberates perfectionist thinking. She's got curves and her body fat is probably a healthy 25%.

The pursuit of the perfect body then becomes a self esteem issue. If we want recognition we can't eat, drink or be merry! We need to always be in control to uphold these rigid standards. That's the rub.

For naturally fun loving, giving and sharing folks who want to enjoy life while being healthy and productive here's a solution. Lose control! Queen Latiffa does it by taking off on her motorcycle going from here to who knows where. Lose yourself in something you love to do and forget the rest. I call it 'zoning' when I lose myself in my writing, exercising, playing with kids, music, conversation sometimes even in housecleaning (**Beware:** this 'zoning' thing is contagious and starts to infiltrate everything you do). Just lose yourself in the moment, and find the zone within. It builds self esteem, burns calories and generates bliss at the same time.

## 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. Like my lactate threshold training system that challenges you in strength training and cardiovascular fitness, while being tough and fun. With Guaranteed Results.

## Quotations about Perfection

Striving for excellence motivates you; striving for perfection is demoralizing. ~Harriet Braiker

Certain flaws are necessary for the whole. It would seem strange if old friends lacked certain quirks. ~Goethe

No one is perfect... that's why pencils have erasers. ~Author Unknown

Nothing that is complete breathes. ~Antonio Porchia, *Voces*, 1943, translated from Spanish by W.S. Merwin

A man would do nothing if he waited until he could do it so well that no one could find fault. ~John Henry Newman

Ring the bells that still can ring  
Forget your perfect offering.  
There is a crack in everything,  
That's how the light gets in.  
~Leonard Cohen

To escape criticism - do nothing,  
say nothing, be nothing. ~Elbert Hubbard

Only in grammar can you be more than perfect. ~William Safire

Sometimes... when you hold out for everything, you walk away with nothing. ~From the television show *Ally McBeal*

**Deborah Caruana RN, AAHRFP, NASM, ACE.**  
[www.vitalsignsfitness.com](http://www.vitalsignsfitness.com)  
email [deb@vitalsignsfitness.com](mailto:deb@vitalsignsfitness.com)  
call 212-677-3185

What if we all completely forgot about having a perfect body and refocused on being healthy? We'd lose all the emotional baggage that comes with perfection. We'd focus instead, on health and feeling good. We would eat properly and sensibly and exercise. Lots of vegetables, lean proteins and some whole grains. Nutrient packed foods, which have negative calories because they're work for the body to break them down. It's the man made foods that tempt us and make us eat too much because they just taste so...good? These foods spoil our taste buds: sugar, processed foods, white flour, hydrogenated oils. They take away the pleasure of simpler more complex flavors. Plus these once nutritious foods are processed into empty fat storing, blood sugar raising caloric dumping. Yes, okay sometimes we can indulge with a glass of wine or piece of chocolate. We can't always say no. Halloween and the holidays are imminent and we need good habits to fortify our resolve without being rigid.

**Here's a strategy!** Eat the healthy foods first. Relish them and get satisfied. After the meal is when you go for the 'bad' or 'fun' food if you still need to. You'll only eat a little, because you're sated.

**There are no diet secrets, only common sense.**

Of course there is the role of social stigma and the media continuing to rev the engine of needing to have a perfect body. But we know better now. We may not look like a super star or model but maybe our natural healthy glow from our zoning through life in good health will give us the longevity and quality of life we all desire. Part of being productive in our daily life is exercise. Our advanced technology affords us the time to make time for daily exercise. Our bodies need, crave it and respond to it once the habit is formed. One thorough give it your all effort, for one hour a day is plenty. Exercise is what keeps you looking, feeling and being young. Exercise for survival is part of our evolution. Did our predecessors ever prioritize a perfect body? So forget about perfection. Now get out there eat healthy, exercise and find your zone to enjoy life to its fullest.

PS. Can we have the perfect body? Absolutely! Can you keep it once you've got it? Definitely! But the only way it will really stay is a lot of rigid control (saying no) or a lot of losing control by 'zoning' and regular exercise.

**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!

**Vivian Strumza, Niso Bahar, Gabriella Mrugala and Lori Gottbetter: Thank you for all of the referrals and your very motivational hard work, it's exemplary!**

### 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, MA, YA.  
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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### DID YOU KNOW? - Food Trivia

Virtually all of the fennel plant is edible: the roots and stalks can be cooked and eaten as a vegetable; the stems chopped and added to salads; the bulb eaten raw or cooked; chopped leaves used in soups, with fish or added to salads; fennel seeds are used in pickles, liqueurs, tomato sauces and sausages; fennel oil is used in candy, liqueur and perfume.

## “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.

- Can an apple a day really keep the doctor away?
- Should I feed a cold and starve a fever?
- Are fresh vegetables better than frozen or canned ones?
- Can chicken soup cure the common cold?
- Will eating grapefruits burn off extra calories?
- Can drinking alcoholic beverages warm me up on a blustery winter day?

*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*

### How those pounds sneak on.

Eating a simple 100 calories a day above your needs could make you gain 10 lbs in one year!

So you eat one energy bar extra (250 calories) and that's 26lbs after one year. How to burn off: 4 hrs of rowing/wk.

Grande skim latte (160 calories) = 17 lbs. How to burn off: walk 4 hrs/wk

Coke (140 calories)= 15 lbs. How to burn off: roller blade 20 min/day.

1/2 cup light vanilla ice cream (120 calories) = 12.5 lbs. How to burn off: Dance for 20 min/day.

20 mini pretzels (110 calories) = 11.5 lbs. How to burn off: Do one 45 min kickbox class/wk.

1/2 cup kellogs raisin bran (95 calories) = 10 lbs. How to burn off: Take stairs 1hr and 45/wk.

1 Munchkin donut (67 calories) = 7 lbs. How to burn off: Clean the house for 1 hr and 45min/wk.

3.5 oz. Glass white wine (70 calories) = 7 lbs. How to burn off: Join softball team +play 1hr 30min/wk.

6 tortilla chips (70 calories) = 7 lbs. How to burn off: 2hr horseback riding lesson 1/wk.

3 triscuits (60 calories) = 6 lbs. How to burn off: Jump rope 45 min 1/wk.

1 Snackwell cookie (55 calories) = 6 lbs. How to burn off: Home improvement for 1hr 20 min/wk.

1 tbs of light mayonnaise (45 calories) = 5 lbs. How to burn off: Garden 1hr 20 min/wk.

2 tbs light italian dressing (40 calories) = 4 lbs. How to burn off: Play racquet ball 40 min/wk.

1 tbs low fat cream cheese (35 calories) = 4 lbs. How to burn off: Bowl 1hr 40 min/wk.