



Learn my health and fitness
"trade secrets" – See the
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May you live all
the days of your
life.

- Jonathan Swift

DEB CARUANA'S...

VitalSignsFitness!

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

Trials and Tribulations of a fitness trainer

Feeling like the NASA rover, Spirit, I started January triumphant.

Ah, that quest for perfection, that ever burning flame that drives us onward to test the perimeters of our well being/existence. Especially after lolling in holiday bliss. I was energized and fortified, with a couple of extra pounds to propel me with extra fire power. Running in the mountains of our upstate home, coming home and working out religiously and tending to the perfect diet another example of perfect technical prowess. The first week of work back in the city routine went spectacularly. Until like the rover abruptly malfunctioning, a glitch? I developed laryngitis. I knew I hadn't been taking my vitamins and not enough vegetables over the holidays and was now compensating with a strict regime to stave off the dreaded cold or flu signs flashing ahead. The immune system was showing weakness, I stopped the exercise to fortify immunity. A week later, feeling better, my voice sounding less like broken violin strings, I dashed ahead. A fantastic workout, never better, I'm back, the "Victor" I think! The boom lowered later that night while trying to get up for dinner ... I couldn't. The next day, like the rover I was put to sleep until the malfunction was corrected. Well there goes 2 perfectly good weeks of dreams and aspirations! Week 3 I was sure I would redeem myself until I realized a bronchial infection kicked in and I'm down for the count for another week. Good intentions pave the road to.....trying to hone in on the root of the problem. Proper rest, no more burning the midnight oil, I have to stop working by 8pm. Instead of working until 11pm and then wondering why I can't fall asleep. Two layers of clothes, it's ferocious cold out there and because I insist on walking everywhere, I have to dress appropriately. Eat more vegetables, fruits and enough protein. If you want to lose weight and stay healthy you need your nutrients therefore vegetables, fruit and lean protein, every day every meal plus vitamins no ifs and or buts! Or Opportunity will take over where Spirit left off!

Experiencing an illness made me decide to examine into how to realize hidden potentials to enhance our quality of life.

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recognized expert at my**

web site: www.vitalsignsfitness.com

Amazing Facts!

** The country of Fiji is made up of 332 islands.

** The Chihuahua Desert is the largest desert in North America, and is over 200,000 square miles.

** A language becomes extinct in this world every two weeks.

** Water that is safe to drink is referred to as POTABLE.

** A scorpion can have up to 12 eyes.

** Annually a thousand people are killed by scorpions in Mexico.

** Turkeys have a wingspan of approximately 4.5 feet.

** Charles Darwin spent 39 years studying earthworms.

** American novelist Mark Twain was the first known author to submit a typed manuscript.

** Over 1.2 billion people in the world live on less than \$1 a day.

** The largest diamond that was ever found was 3,106 carats.

** In 1902 the game table tennis was brought to the U.S. from Europe by Parker Brothers.

** The most popular show amongst baby boomers is Star Trek.

** The most disliked vegetable by Americans is Brussels sprouts.

**The outermost layers of your skin are replaced every 27 days.

Better to light one small candle than to curse the darkness.

- Chinese Proverb

Morning Coffee Can Stress You All Day

Its effects can last until bedtime.

Morning caffeine consumption can lead to increases in blood pressure, feelings of stress, and elevated stress hormone levels throughout the day and into the evening hours, according to researchers at Duke University.

The doctors studied 47 healthy, nonsmoking persons who were habitual coffee drinkers. For the study, participants were given a pill containing 500 mg of caffeine (equivalent to approximately four cups of coffee) or a placebo tablet at the beginning of a work day.

On a separate workday, those who initially received the caffeine were given placebo, and vice versa. The subjects never knew whether they had received caffeine or placebo on a given day.

Researchers measured blood pressure and heart rate throughout the work day. In the evening, urinary levels of stress-related hormones such as cortisol and epinephrine were measured. The study results, published in the July/August 2002 issue of *Psychosomatic Medicine*, revealed that those persons who consumed caffeine had a slight but significant increase in their blood pressure throughout the work day and a 32% increase in the level of excreted free epinephrine during the day and evening. Caffeine also potentiated the increases in blood pressure and heart rate that were associated with high levels of self-reported stress during the workday. The effects of caffeine persisted into the evening hours until bedtime.

These findings indicate that the effects of morning coffee consumption can exaggerate the body's stress responses and increase stress hormone levels all day long and into the evening, even when no further caffeine is consumed in the afternoon. Persons who suffer from stress-related diseases or conditions worsened by stress, such as cardiovascular disease and psychological conditions such as anxiety disorders, could be adversely affected by caffeine intake.

What can you do if you consume too much caffeine?

If you think caffeine consumption may be causing stress or aggravating your medical condition, remember that experts advise against sudden discontinuation of caffeine intake. Rather, you should decrease the amount of caffeine each day over a period of days and determine if your symptoms and mood improve.

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****One of life's mysteries is how a two-pound box of candy can make a woman gain five pounds.**

****Inside me there's a thin person struggling to get out, but I can usually sedate her with four or five cupcakes.**

****Amazing! You hang something in your closet for awhile and it shrinks two sizes!**

Learning to minimize stress

[Learning to Roll With Change](#)

It's not the most fun you'll ever have, but the results are worth it.

[Filling the Holes in Our Souls](#)

When harmless "hobbies" become compulsions, it may be time to take a closer look at the emotional deficits in our lives.

[What Really Matters?](#)

Your answer to the question of priorities can make the difference between success and failure.

[Trading Anxiety for Peace](#)

Embracing peace can begin with a switch in perspective.

[Don't Sweat the Small Stuff](#)

How to break free from the control freak inside of you.

[The Television Time Warp](#)

If you've got more to do than you have hours in the day, it might be time to tune out.

[The Pain of Perfectionism](#)

Some perfectionists suffer from low self-esteem because they think they must be perfect — something they can never be — to like themselves.

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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 Lavinia Snyder. Lavinia has been a source of inspiration to me for over four years. When I first met Lavinia she had not been exercising but had decided it was essential that she start. She faithfully exercised twice a week and laughed at the challenges I threw at her, while she continuously surprised me with her performance. She was quite spirited and this spilled over into every thing Lavinia threw herself into. She is certainly not one to stick her toe in and test the waters. Once she's done her research and it all comes out sound she dives in head first. Lavinia recently underwent surgery for thyroid removal and a week later she is training with me again and making plans for our next few weeks. And she is still making plans for me to meet so and so. Always looking out for me. **You might be my next *Client Of The Month*. Wait for your name here in an upcoming month!**

Did you know:

***That 43% of all adults suffer from the effects of stress!**

***Stress can wear down your immune system making you more susceptible to diseases, headaches, indigestion, muscle tension, high blood pressure, problems sleeping, weight gain and sexual dysfunction!**

The following are stress relieving and healthy tips that I've found to be beneficial.

Breathe: Deep... slow... rhythmic breathing. Often when your body responds to stress, your breathing becomes shallower and quicker. Practice breathing slowly and deeply from your diaphragm through the nose and out through the mouth, a few times each day, or whenever you feel particularly stressed. This often will relax your body and reduce your feelings of anxiety. Don't believe me? Take a deep deep breath and hold it... hold... Beginning to feel anxious? The longer you hold it, the more anxious you become. It's your body's way of saying we're running out of air!

Well, this is meant to be a funny way to let you know that if you are unconsciously starving your body of air, you will become anxious and stressed. Learning to breathe correctly is probably one of the best things you can do for yourself.

Sound: The most popular calming sound seems to be running water. I'm not saying the drip of a leaky faucet will relax you, actually that might increase your annoyance and stress. I'm speaking of the sound that you get from streams or waterfalls. Now we all can't just drive to a waterfall when we feel a bit overwhelmed, but fountains are a good substitute. You can find many styles of tabletop fountains on the web. Set up your fountain, close your eyes, and just listen.

Music is another way to relax. Turn on a favorite CD and enjoy.

Aromatherapy: Many scents can be very relaxing and uplifting. Vanilla is one of the most popular, so is the smell of cinnamon. Lavender is thought to be calming and many people put a drop of lavender oil on their pillow to promote a restful nights sleep.

Simplify: A cluttered environment contributes to a cluttered mind. Clear out the garbage; throw away the old newspapers and magazines you never got around to reading.

Soak Away Stress: Light a candle, lean back and relax. A few minutes of time alone in a soothing bath can do wonders to make you feel more relaxed and clear your mind. For nice bath and spa goodies, <http://vitalsignsfitness.com/herbs.html> I use only natural aromatherapy fragrances.

(British Politician)

A man's health can be judged by which he takes two at a time - pills or stairs.

Joan Welsh

(British Politician)

A man's health can be judged by which he takes two at a time - pills or stairs.

Joan Welsh

****I drive way too fast to worry about cholesterol.**

****I gave up jogging for my health when my thighs kept rubbing together and setting my pantyhose on fire.**

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How to Meditate

Here are two meditation techniques that are based on those used in the research studies. For maximal benefit, try to meditate for twenty minutes to half an hour before you go to sleep using the technique that feels more comfortable for you.

Method 1 - Mindfulness

1. Find a quite and comfortable place. Sit in a chair or on the floor with your head, neck and back straight but not stiff. Try to put aside all thoughts of the past and the future and stay in the present.
2. Become aware of your breathing, focusing on the sensation of air moving in and out of your body as you breathe. Feel your belly rise and fall, the air enter your nostrils and leave your mouth. Pay attention to the way each breath changes and is different.
3. Watch every thought come and go, whether it be a worry, fear, anxiety or hope. When thoughts come up in your mind, don't ignore or suppress them but simply note them, remain calm and use your breathing as an anchor.
4. If you find yourself getting carried away in your thoughts, observe where your mind went off to, without judging, and simply return to your breathing. Remember not to be hard on yourself if this happens.
5. As the time comes to a close, sit for a minute or two, becoming aware of where you are. Get up gradually.

Method 2 - Relaxation Response

1. Find a quiet place and sit in a comfortable position. Try to relax your muscles.
2. Choose a word or phrase that has special meaning to you and makes you feel peaceful. Or you can try the words "Ham Sah", a Sanskrit mantra meaning "I am that".
3. As you breathe in, slowly produce the sound "haah" as if you are sinking into a hot bath. As you exhale, slowly produce to sound "saah", which should feel like a sigh.
4. Breathe slowly and naturally. Inhale through your nose and pause for a few seconds. Exhale through your mouth, again pausing for a few seconds.
5. Don't worry about how well you are doing and don't feel bad if thoughts or feelings intrude. Simply say to yourself "Oh well" and return to your repetition.
6. As the time comes to a close, continue to be aware of your breathing but sit quietly. Becoming aware of where you are, slowly open your eyes and get up gradually.

For more about meditation go to:

<http://www.vitalsignsfitness.com/meditation.html>

You can also try a meditation session with yours truly.

**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!

**Lavinia Snyder: For your
thoughtfulness even in times of duress.
I'm honored to be your friend.**

You must begin to think of yourself as becoming the person you want to be."

- David Viscott

"Opportunity s missed by most people because it is dressed in overalls and looks like work."

- Thomas A. Edison

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Resources:

Reuters News

Journal American College of
Nutrition

About.com

CNN News

Jokes.com

Great Quotes.com

Psychosomatic Medecine

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Can I just take a moment and rant here!

It & about the low carb craze. Garbs are now public enemy number one. Does this seem at all reminiscent of the 80's and 90's low fat/no fat craze? Using the argument; "There's no such thing as an essential carbohydrate" as justification for low carb dieting. Carbohydrates are essential not in the same sense as an 'essential amino acid', which is an amino acid that the body cannot produce. But since when did the body produce any of its own carbohydrates? For any amino acid (protein) to be properly utilized you need a carbohydrate facilitate its being used by the body. Your brain needs carbs to function properly (this could be the root of the problem!). Saying, "All carbs are bad" or "All carbs are fattening." Is just ignorant Carbs can be categorized. For example:
Low GI vs. high GI carbs
Simple vs. complex carbs
Starchy vs. fibrous carbs
Natural vs. refined carbs
High calorie density vs. low calorie density carbs
People are now selecting their alcohol choices according to what is lower carb. If you want to lose weight forget the alcohol it turns to huge amounts of sugar and has no nutrients no matter how many grams of carbs.

Believing that carrots are fattening because they're high on the glycemic index and because a popular fad diet book says so. Have we lost all vestiges of common sense!' With an average carrot being 31 calories and 7.3 grams of carbs, do you really think that this orange-colored, nutrient-dense low-calorie, all-natural, straight-out-of-the-ground root vegetable is going to make you fat? I'll explain more next month. Ran out of room!

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!