



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

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We must learn to
live together as
brothers or perish
together as fools.
- Martin Luther
King, Jr.

DEB CARUANA's...

Vital SignsFitness!

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

Welcome Back Everyone!

Ah summer time, it's one of my favorite seasons and it has everything to do with free time, sun and surf. Activities like volleyball, tennis, soccer, swimming, surfing, sprinting after curious children, playing frisbee with the dog, walking a mile to get a frozen yogurt or to find that lost flipper on the beach take precedence. All the ingredients that make exercise happen because, it's summer and it's fun.

I'd like to keep that spirit of summer alive through out the year. By finding a greater reason to stay cardio fit, besides the fact that it keeps you young, vibrant and healthy forever. Everyone does their strength training with me and they do fine, with good results. But I'm no longer satisfied with good results! The cardio component is still missing for some, in spite of my stressing its importance. So I've come up with a solution.

I propose that we get involved in training for a charitable events that involves either a 5K or 10K run (you can walk if that's what you can do, unless you've joined a team sport, then your time is a factor). If everyone chooses an event that will be a motivational challenge you may end up making these events a lifestyle, extending your life, expanding your heart and opening your mind. Other very real benefits include reaching goals with real results, a strong sense of purpose to your training, a chance to meet, share and socialize with other like minded souls. A chance to feel the benefits of team spirit and a huge sense of accomplishment that comes along with your lowered body fat levels.

It's time to get into the spirit of giving....it's guaranteed life promoting. All proceeds of your efforts go to the charitable cause sponsoring the run. This site has a current list of all upcoming events to choose from <http://www.newyorkled.com/indexRaces009.htm#races>. I will be keeping logs of everyone's progress, which will be documented and discussed in upcoming newsletters. Your story could be the next spot light article in this newsletter. Just think! Your chance to inspire others too!

Eventually if enough people are involved and motivated, I'd like to reach out and sponsor my own event for a good cause. Perhaps I'll sponsor an ab fab marathon (Nicks suggestion), or body fat loss competition (over a month long period)I am open to suggestions, feedback and ideas. Most importantly, together, lets get involved! Improving ourselves as we help others!

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The Truth About Eating Fat and Heart Attacks

Here's the final word on nutrition and health. It's a relief to know the truth after all those conflicting medical studies.

Diets & Dying

The Japanese eat very little fat and suffer fewer heart attacks than the British or Americans.

The French eat a lot of fat and also suffer fewer heart attacks than the British or Americans.

The Japanese drink very little red wine and suffer fewer heart attacks than the British or Americans.

The Italians drink excessive amounts of red wine and also suffer fewer heart attacks than the British or Americans.

The Germans drink a lot of beers and eat lots of sausages and fats and suffer fewer heart attacks than the British or Americans.

CONCLUSION:

Eat and drink what you like. Speaking English is apparently what kills you.

" I will prepare and some day my chance will come."

Abraham Lincoln

Get Free health and fitness tips, nutritional guidelines and powerful weight loss and body-shaping "trade secrets" at my website: VitalSignsFitness.com

Changes in the Face of Fitness

Yes, there have been changes in the face of fitness.

Literally... the changes, are on my face!

This is, yet another true confession of a lifestyle fitness coach. During August's marginally sweltering heat, while most were off in vacation bliss and splendor, the heat of drums were heard in NYC. All who were in the know awaited the results of your trulys' LIPOSUCTION!

What's that? Liposuction! you say! On a trainer, no less! Well, it wasn't your usual Nichole Smith kind of slimming program. No, it was a liposuction of the eyes. Medically termed 'blepharoplasty.' It's a procedure where the physician removes a small part of the fat pad of the lower &/or upper lid, allowing for more space so the puffiness (water retention) around the eyes disappears. My swelling was worst in winter and 'they' say it's probably caused by allergies, heredity, that old culprit gravity and lets not forget age. (Exercise cures everything but eye bubbles!)

If your next question is "But why did you do it, Deb?" I thank you for your kindness. But my eyes were the only way I gave away my age. And I felt I needed my eyes to match the rest of me. If eyes be the window to your soul ...I'll be the first to admit that I'm an old soul. But why wear your soul on your sleeve, er face?

Oh oh, there's something else that I have to confess. You know that frown line that kept you doing everything I would tell you, and adding a few more reps than you really wanted to ...just because I looked so serious? Well, it's gone! Permanently (hopefully). Don't even think that this will make me easier on any of you. I haven't lost an ounce of seriousness only the frown and eye bubbles! So, instead of having continuous ongoing treatments of the deadly botox toxin (it's devirulized), I chose to have those muscles clipped. Based on the strength of those muscles I hope it doesn't slow down my metabolism too much.

Since I have started working as part of the team with a number of New York City's top plastic surgeons, the opportunity presented itself through Dr. Mauro Romita, in a perfect time window. Getting training results with clients and staff has its rewards!

Now, back to the age thing. July of next year I will be turning 50 (gasp!) So this is another step I needed to take to fulfill my mission. Looking upon my life and my journey, I can be proud and say I am a very real and true fitness role model. Proof of the benefits of exercise, healthy living and good nutrition. I've remained true to my fervent belief that without health...you just can't live life to its fullest! I hope to inspire and motivate all whose lives I am privileged to enter and affect. And hope to continue to do so for a very, very long time. Since we are all involved in the process of becoming our best through the health, wellness and fitness process if anyone cares to discuss the process further with me, feel free to ask for more information. This procedure is basically painless and you can go back to work and walking (with sunglasses) after 3-4 days. Exercise takes 2 weeks.

**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 thanks for all the referrals!!!

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 *Clients Of The Month* are Gabriella Mrugala and Karen Alessandro. The combination of fantastic results from their fitness regime and their enthusiasm has sent many new clients my way. Their efforts are so appreciated and I just wanted to share my thanks for them with everyone. Gabriella has gone from a 24% body fat to 14% in a three month span. Proof that the program works. Karens' genuine enthusiasm, knowledge and efforts (when she has time) are an inspiration.

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

Eat Your Veggies! Another Good Reason.

Can vegetables protect you from cancer? There's a study that suggests that vegetables may trigger your body's own defense mechanisms.

John Hopkins University School of Hygiene and Public Health researchers found that mice that were unable to produce a particular protein were more prone to developing stomach cancer than 'normal' mice develop. The mice that lacked the protein had higher cancer rates even if they were given a chemical known to be protective against cancer. The protein (called nrf2) spurs cells to produce enzymes that detoxify cancer-causing substances.

Thomas Kensler, Ph.D , who directed the study says "The best way for humans to stimulate production of nrf2 is to eat vegetables. We know that the chemicals in certain plants, particularly vegetables like broccoli, cauliflower, and brussel sprouts, activate nrf2 production."

Green leafy vegetable such as spinach, also contain this helpful chemical. "Raising nrf2 production is important whether you're man or mouse." Kensler believes.

"We're beginning to understand that if we can elevate the level of the detoxifying enzymes, we can enhance the resistance to carcinogens, we believe in animals and people." The Produce For Better Health Foundation recommends that you eat five servings of fruits and vegetables everyday to promote better health.

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

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QUOTES OF THE MONTH

Failure is only the opportunity to begin again, this time more wisely.
- unknown

Obstacles are those frightful things you see when you take your eyes off your goals.
- unknown

He who seeks rest finds boredom....He who seeks work finds rest.
- unknown

"The minute you settle for less than you deserve, you get even less than you settled for."
- Maureen Dowd

"The important thing is this: to be able at any moment to sacrifice what we are, for what we could become."
-CharlesDuBos
Author & Speaker

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

Resources:

RealAge.com
All Miavita Fitness Tips

Pump Up Your Vision

Pumping iron may be as good for your eyes as it is for your biceps. A new study revealed that strength training reduces intraocular pressure (IOP), a major risk factor for glaucoma. Glaucoma is a leading cause of blindness. Add resistance training, such as chest and leg press exercises, to your workout regimen to keep your body and eyesight in tip-top condition for years to come.

Train your brain.

Exercise more than your muscles to stick to a fitness plan -- be a winner at the mental game. Preparing your mind along with your body is pivotal for accomplishing your goals. Try writing a personal mission statement and tape a copy to your refrigerator, the dashboard of your car, your computer -- anywhere you can see it during the day.

High-fiber breakfast cereals may be better for you than you think.

High-fiber foods not only help regulate digestion, but they also help keep insulin levels in check. In a study, men who ate high-fiber cereal experienced lower peak insulin levels than men who consumed low-fiber cereal. Insulin control is an important part of type 2 diabetes prevention.

Bring the kids!

Your children will pick up your attitudes about exercise -- make it a positive one! If you see exercise as a chore, your children will, too. Think of activities that you can do with your kids. Get them off to a good start -- and off the fast food -- with fun activities that make the whole family more active

Stretch it, baby!

Nothing stops a workout quicker than a pulled muscle; follow a simple routine to stay flexible. Stretching will improve your range of motion, enhance performance, and help reduce the severity and frequency of injury. Be sure to give your muscles a quick warmup before you start to stretch.

“Who Else Wants To Win A \$50 Transferable Gift Certificate?”

Take my Fitness Trivia Quiz and you could win too!

Only about () percent of American adults engage in regular, sustained physical activity for at least 30 minutes five times a week, and only () percent exercise both regularly and vigorously.

About () percent of American adults, and an even greater percentage of women are sedentary. After age 44, upwards of () percent of women are sedentary, and by age 65, the proportion increases to almost 35 percent. By the time they reach age 75, about () percent of all women are sedentary.

Warning: these numbers if you do the research are frightening!! Be Prepared!

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