



Learn my health and fitness
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Things may come
to those who wait
but only the things
left by those who
hustle.

**Abraham
Lincoln**

DEB CARUANA's...

Vital SignsFitness!

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

Why my Lactate Threshold Training is better than any other Strength Training System.

It's a very simple training system. Consisting of using your body in space with simple counts. Music is optional. With every position and exercise your concentration is focused on alignment, form, breathing, pacing, contracting or relaxing. You can move easily and flow from one exercise to the next with no wasted time or effort. Because it flows so well, you can make it cardiovascular or take designated controlled strength training time breaks.

Imagine you can do a whole hour of cardio without getting on the boring, dreaded treadmill or elliptical machines. At the same time you can tone and strengthen your core as well as every other muscle in your body. Strength training and cardio all in one!

Since you are using your own body weight in different positions you can go deeper into the muscles for better sculpting and strength enhancement by holding positions, changing the rhythms, or altering the positions slightly. You are always in total control of how much energy you exert for each exercise. If you want to sculpt deeper into the muscles, you simply arrange your positioning deeper into the exercise position. If you want to lighten up the load you simply release the contraction to a more comfortable exertion level. You will learn specific breathing techniques to help you sustain more difficult positions, to make them more tolerable.

Because you are using only your body in space there are no limitations to the positions or exercises you can do. You are limited only by your own imagination. You can work every and any muscle in your entire body to its maximal exertion levels. There are no machines to waste time arranging and dismantling weights or changing positions.

These exercises can be done anywhere with little or no equipment. You may want some privacy but if there is room for your body and available oxygen, you can do the workout! If you've ever used those gym machines, how do you think they translate into real life everyday activities or even sports? Maybe you get stronger? Maybe, but study after study has proven that training with traditional gym equipment doesn't carry over into day to day functioning or sports performance improvement.

Lactate Threshold Strength Training does though. You are imitating with exertion simple everyday movements and from those positions holding, breathing and correcting alignment and perfecting form. So it completely translates into the day Deborah Caruana RN, MES, PT. www.vitalsignsfitness.com
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Human Facts

*If you yelled for 8 years, 7 months and 6 days, you would have produced enough sound energy to heat one cup of coffee.

* The human heart creates enough pressure when it pumps out to the body to squirt blood 30 feet.

* The strongest muscle in the body is the tongue .

* Humans are the only primates that no have pigment in the palms of their hands.

* Humans and dolphins are the only species that have sex for pleasure.

* One person in two billion will live to be 116 or older.

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

Food Facts

*The 3 most valuable brand names on earth: Marlboro, Coca-Cola, and Budweiser - in that order.

* Americans on the average eat 18 acres of pizza every day.

* Ten percent of the Russian government's income comes from vodka sales.

* Every time you lick a stamp, you're consuming 1/10 of a calorie.

* A raisin dropped in a glass of champagne will repetitively float to the top and sink to the bottom.

* If injected intravenously, nutmeg is extremely poisonous.

* Pearls melt in vinegar.

to day movements of life and living. Of course you can imitate your specific sports as well. Helping you make incredible sports performance gains. Lactate Threshold Strength Training also carries over into postural awareness and correction. We all know that correcting posture can make you look inches taller and years younger. Holding your body in specific positions with no distractions or machines to lean on puts you face to face with your postural habits so you work on them consciously with effort in every single exercise challenge.

With the simple counting system that I use, you can track your progress very easily. So easily, that you don't really need logs and complicated spread sheets. Your gains will be consistent, trackable and very measurable.

Weight machines and gym equipment generally shape the body so it looks bulky, 'like a gym body' where the parts don't all seem to fit together. This is because in a gym environment the machines force you to work muscles separately in isolation from the core and the network of the whole body. Lactate Threshold Strength Training integrates whole body movements and brings all the parts together into each exercise. Because you are using all the muscles synergistically in a concentrated effort pulling all of the muscles into one dynamic reactive coil ready to spring into the next movement or challenge. This creates long lean flowing muscles that flow just like the workout flows.

How Does The Workout Go?

Generally after the initial assessment I discover peoples strengths and weaknesses and what I mostly discover is people want a boost to their metabolism to burn fat. In order to burn fat what I want to do is target all the largest muscles in the body. Which are the legs and of course the gluteus maximus...the largest of all. So to be sure to get that metabolic lift I will spend the first half hour of the session on legs and glutes. Don't worry ladies, your legs won't get bigger from all the leg work because we use no weight but your own body weight, with lots of isometrics and repetitions. I also have to add hear that you will see significant flexibility gains because you always go deeper into the positions as you get stronger. Because you have no machines to support you with just your body in space you will get significant core work by just holding your self up and maintaining your balance without something to lean on.

The nest half hour covers chest, back , shoulders and arms but remember with each exercise every single body part is connected and working for thermogenesis and overall strength and coordination. Abs are last and don't take long because they have been working the entire time, now its just a finishing process of carving a little deeper. The stretch at the end just feels good and prepares you to relax and be energized for the rest of the day. It's time to start an intelligent exercise program so sign up today and make your body gorgeous!

My Lactate Threshold Strength Training DVD is coming soon so stay tuned or log onto my website for more info.

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Warning: Facts About Identity Theft

- Over 10 million Americans were victims of identity theft in 2002.[†]
- Most identity theft occurs offline.[†]
- Identity theft victims spent an average of 30 hours resolving the problem.[†]
- Americans lost a total of \$5 billion from identity theft.[†]
- Online shopping is safe, convenient and fun if you take measures to protect yourself.[†]

[†] Federal Trade Commission, "Identity Theft Survey Report," September 2003

WATER & YOU

Water is a human necessity.

Without food, a person can survive weeks. Without water, the odds of surviving more than a few days are not good.

In fact, approximately 70% of the human body is water. The only thing more important than water to the human body is oxygen.

Water serves several purposes within the body. It:

- Maintains body temperature
- Aids in digestion
- Metabolizes fat
- Lubricates organs
- Cushions organs
- Transports nutrients
- Flushes out toxins

The body excretes water constantly through sweat, urine and exhaled air, which is why it's so important to replenish your body with an ample amount of water every day. Most health professionals agree that the average human body requires from 8 to 10 glasses of water a day.

ARE YOU DEHYDRATED

Are you drinking enough water? If you're experiencing the following symptoms, chances are, you need more water than you're currently drinking.

Mild dehydration symptoms:

- Thirst

- Dry lips
- Dry mouth

Moderate dehydration symptoms:

- Lack of skin elasticity
- Sunken eyes

Severe dehydration symptoms:

- All the above symptoms
- Rapid, weak pulse
- Cold extremities
- Rapid breathing
- Confusion
- Lethargy

In addition to simply neglecting to drink enough water, the human body can become dehydrated from vomiting, diarrhea, overexposure to the sun and fever. Diuretics and natural diuretics such as alcohol and caffeine can also cause dehydration. Although drinking plenty of water can easily cure most cases of dehydration, if not tended to, severe cases of dehydration can result in death.

BODY PARTS & WATER

Every part of the human body depends on adequate hydration to function properly: from your skin to the brain. The following is an examination of the body and its need for water:

- **Skin** - Without water, it becomes dry and cracked. It is also the main conduit for releasing water from the body. Proper hydration is key to keeping your skin looking smooth, healthy and young.
- **Joints and Bones** - Water acts as a lubricant between bones. Without water, bones may rub against each other and become brittle.
- **Blood** - It thickens when the body's lacking water, which makes it difficult for the heart to pump and distribute blood to the rest of the body. Plus, capillaries shut down creating obstacles for nutrients circulating to vital organs.
- **Kidneys** - Without water, the kidneys are unable to remove toxins, wastes and salt from the blood. The risk of kidney stones also increases.
- **Liver** - Metabolizes fat. But if the body's not getting enough water, it has to perform some of the kidney's functions, which means it's not metabolizing as much fat as it should.
- **Digestive System** - When the body's dehydrated, the organs of the digestive system have to work harder than normal and become strained, which results in constipation and abdominal cramps.
- **Brain** - Without water, the body will experience a loss of nutrients flowing to the brain. Temporary results are dizziness, confusion and irritability. Long periods of dehydration can cause permanent damage to the brain. Water also cushions the brain, which means, if the body is dehydrated, the brain is more vulnerable.

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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my web site:
www.VitalSignsFitness.com**

***So Congratulations to
me!!!!
John and I are moving
to the Upper East Side
to 399 E 72 St. where I
can have a work out
studio as well as a new
home. You are welcome
to stop by to say hello or
come up for a workout!***

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! Nick Rohatyn asked: "Why do joints crack and is cracking harmful? If you are feeling pain when your joints pop, than you should see your doctor. In terms of knuckle cracking, some studies show that knuckle cracking does not cause serious harm. Other studies show that repetitive knuckle cracking can do some damage to the soft tissue of the joint. It may also lead to a weak grip and a swelling hand. What causes the noise when you crack a joint? Escaping gases, movement and rough surfaces. Your joints can make a variety of sounds: popping, cracking, grinding, and snapping. The joints that "crack" are the knuckles, knees, ankles, back, and neck. There are different reasons why these joints "sound off".

- **Escaping gases:** Scientists explain that synovial fluid present in your joints acts as a lubricant. The fluid contains the gases oxygen, nitrogen, and carbon dioxide. When you pop or crack a joint, you stretch the joint capsule. Gas is rapidly released, which forms bubbles. In order to crack the same knuckle again, you have to wait until the gases return to the synovial fluid.
- **Movement of joints, tendons and ligaments:** When a joint moves, the tendon's position changes and moves slightly out of place. You may hear a snapping sound as the tendon returns to its original position. In addition, your ligaments may tighten as you move your joints. This commonly occurs in your knee or ankle, and can make a cracking sound.
- **Rough surfaces:** Arthritic joints make sounds caused by the loss of smooth cartilage and the roughness of the joint surface.