



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

**Volume I, Issue 13
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Let's just take a moment for all the tsunami victims and their families

So much to think about....

Contact information for three major organizations that have set up earthquake and tsunami relief funds:

www.americares.org

www.unicef.org/index.html

www.oxfam.org.uk

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DEB CARUANA's...

Vital SignsFitness!

Bye-Bye Holidays and Holiday Eating!

Hoping everyone had a fun, fantastic, exciting or a relaxing mix of Holiday eventfulness or lack thereof. Whatever it was, that you did, that it most suited your needs. Since the holidays were shortened into one compact week, Saturday to the next weeks Sunday, there was no time to languish. You had to seize that holiday time with both hands and feet to get the +most out of it.

Holidays for me mean visiting family, since they live in another country (Canada) this is only a biannual event and therefore more momentous. I have to inhale everyone to their essence and then painfully extricate. Because it's a large family it takes concentration and a lot of energy, especially because there are a growing number of children and I certainly don't want to miss any of the details of their development. I also want them to remember me meaningfully until the next time I see them in six months. Holiday shopping helps.

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 paralyses 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!**

With family being the central focus of the holidays all the other holiday concerns melt away. Though, in the end after we arrived back in New York and I stepped back on my weight scale I realized something vital. I'm sure you

How to eat your favorite junk food by the ton and still lose all the fat you want!

Now this is the real American Dream! I'm here to let you know that it is totally possible to lose all the fat you want while eating nothing but junk food. The only hitch is that all the fat you want to lose is going to have to be zero!

1. Eat donuts instead of solid pastries. You will be saving a tremendous number of calories by eating something with a hole in the middle. You can save upwards of 3 to 5 calories per pastry by doing this. That means if you eat 10 donuts, you've saved yourself almost 50 calories!

2. French fries can help prevent heart attacks. It is a fact that French people suffer fewer heart attacks and have lower rates of heart disease. French fries are obviously from France, therefore it naturally follows that French fries can prevent heart disease.

3. Pizza is one of the healthiest foods on the planet. There are many reasons for this:

The bleached flour in the crust sucks up all the grease that drips down from the toppings, trapping it so you don't see it while you're eating. If you don't see it when you eat it, it has no calories.

It's round (stay with me here). Because square-shaped foods have corners, they contain a lot more calories than round foods. To save even more calories, cut a hole in the center of the pizza (refer back to #1 for full details).

The cheese on the pizza is loaded with calcium -- even more than the Tums you're going to need after eating the whole thing.

You can easily reduce your servings without sacrificing enjoyment. Instead of cutting the pizza into 8 slices, try cutting it into only 4. Food sneaked from someone after you distract them is also calorie-free.

remember my first "diet" experiment which was 'Atkins' with its terrible results. I have since brought carbs back into my daily regime focusing once again on healthy, whole grains, veggies galore plus lean proteins. Also I am trying to eat more meals with smaller portions for blood sugar regulation. Meaning no blood sugar spikes...that trigger insulin which... triggers cortisol... causing fat storage around the abdomen. I can usually make time for four meals a day. So this year's results from Holiday foods were astounding because my weight hadn't changed at all. Whereas last year when I had stopped the Atkins I had gained four pounds over the holidays.

Here's the reason why I had such different results this year. It wasn't because this time around I was more disciplined and controlled. It also wasn't because I avoided food. It was because my body was used to the carbs which are a necessary component of daily nutrients so I didn't have this overreaction with water retention to the extra carbs.

I have to tell you here that my brother's wife Bonnie is an amazing cook. I strongly advised her to share her gifts and take up her talents professionally. Anything she made I had to try because I knew how fantastic it would be. Though I admit she uses sugar and some kind of white flour and butters (all verboten foods) I allow anything she makes into my stomach because it is glorious (and therefore has to be good for me?) I know it's not rational but the scale doesn't lie and I gained not a pound. I also had only a few days of eating these foods, but enough to have done damage last year. Another part of the mysterious weight patterns is that once my body got used to the carbs again with a healthy balanced regime, my metabolism found its homeostasis, a set point where the body wants to stay. Yes I'm a couple pounds over where I was when on Atkins but it is now healthy and balanced and amazingly easy to maintain...as my Holiday experience showed. Workouts? Well okay I squeezed in a couple, I wasn't sedentary and walked outside with my mother in eight inches of snow and howling winds for an hour one day. I couldn't have done this while on Atkins due to lack of energy. Now I'm not telling you to go out with reckless abandon and eat whatever tastes good. In your day to day routine, healthy foods, tempered with regular exercise are your mainstays to health, fitness and keeping young. The good thing about eating carbs is you have lots of energy and during Holidays you can kick your feet up, enjoy yourself, relax and make the most of what life has to offer. Just don't forget to jump back into the workout routine.

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More jokes on back page

It is literally true that you can succeed best and quickest by helping others to succeed. - [Napoleon Hill](#)

Coming together is a beginning, staying together is progress, and working together is success. - [Henry Ford](#)

Individual commitment to a group effort — that is what makes a team work, a company work, a society work, a civilization work. - [Vince Lombardi](#)

Teamwork is the ability to work together toward a common vision. It is the fuel that allows common people to attain uncommon results. - [Andrew Carnegie](#)

We don't accomplish anything in this world alone ... and whatever happens is the result of the whole tapestry of one's life and all the weavings of individual threads from one to another that creates something. - [Sandra Day O'Connor](#)

Team Work

There's nothing that matches the power of teamwork to accomplish amazing results beyond your wildest goals and aspirations. Teamwork evokes unflagging spirit, selflessness and dedication. If any one watched one of the CBC reality shows series of "Survivor" you could viscerally feel the power of teamwork in action. This particular show was set with all the "superstar" survivors. They were single, powerful players with well honed survivor skills. The game changed when two players formed a much deeper alliance becoming a couple. As their bond grew the caring, support, and selflessness heightened their senses as they strategized to win. The other "trojans" became almost laughable, as mere pawns of the couples' strategies. The couples results were stunning. They won almost every "challenge" they faced. In the end they were the last two remaining survivors. At which time he proposed to her so they both won the million dollar prize and all the other prizes along the way. Not to mention the commercial endorsements they probably won becoming "survivors" first couple. The show actually became laughably predictable as you watched their power play out.

The take home: create a deeper bond by setting goals together and get strategy. Set New Years Resolutions together!!! Set goals and discuss them together. Give yourself mutual goals and work on them as an ongoing project. Don't keep it to yourself, share, share, share.

Both partners find pictures of how you want to look. Put them up on your fridge or where you dress and internalize that vision. Set a date to accomplish this goal and discuss what it will take to get there. You're a team with a project and a real goal. Now plan your strategy. Map your meal times, foods, workout regimes, how you'll handle certain situations. Share your weaknesses so you have a partner who'll help you overcome them. Monitor your progress. Compare and support each other's results, setbacks and improvements. Make it fun! Make a bet "if I reach 24% body fat by this date you will come with me to the opera 4 times this year and I'll go to 4 jets games with you if your bodyfat reaches 12% " Talk about why you need to accomplish this goal, let your partner feel your pain, then he or she will be on your side feeling for you, supporting you. Get you partner to share their weaknesses for you to support.

No one wants to be nagged and no one wants to nag, so it's just a matter of getting into "this is for us", make an alliance and get strategy.

Your partner is your live in coach and therapist. Work together, strengthen your bond, deepen your relationship, and set your strategies. Not only will you reach your goals but with the power of team work, only your imagination limits what you can accomplish.

**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 Senbahar and Lorraine Russo : Thanks for the referrals!!!!

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, MES,
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Fitness

**Beer is the absolute best beverage
you can drink when you're
watching your waistline.** It helps
to put it right out there in
front of you where you can see it.

**Look for foods that have air
bubbles in them.** Examples
include chocolate bars, Twinkies
(after you suck the cream filling
out), soda pop, sponge cake, and
cheese puffs. As you know, air has
no calories. Look at these foods as
the wrapping for a low-calorie,
low-fat serving of air.

Never Think Like a Victim, You're Always in Control.

I often hear “Oh my husband always has a drink and I feel I have to have one with him.” If you blame your husband you are making yourself into a victim! You always have a choice. If my husband drinks and wants me to join him, I just say “no thanks, I'm having a Pellegrino with lime, Cheers” I get my buzz caring for my needs, he gets his and we're both happy. I don't have to change him nor him me. No blame. No resentment. We respect and admire our differences.

I also hear “My husband comes home late to eat dinner and though I'm not hungry I sit down and eat with him again. “ My strategy is I know he'll be late so I save something to eat with him and chew slowly (it comes with listening). If I'm doing all the talking I hardly eat.

“When I go out to a restaurant they always serve these awesome fries with the food.” You know it's coming and you'll be too tempted to resist so tell them to substitute the fries with a grilled veggie. The same thing goes with bread! Order a veggie or protein appetizer instead.

“When the kids come home from school I have to feed them and I end up eating their left overs.” If your concerned about waste think of the expense of burning these extra calories and how you'll ruin the really good stuff at your dinner. Not to mention the extra cardio time tomorrow or the cost of an extra training session. You might be better off planning your snack time with the kids time and prepare a small protein snack for yourself instead of eating those fat making carbs. That way your sated while you feed the kids stopping temptation. Plus you'll have room for the good stuff later on.

If you absolutely have to have a drink avoid the sugary ones, drink slowly, drink wine and enjoy it, cut the carbs in you entre and know you have to pay in cardio time tomorrow. My husband has forbidden foods everywhere in my kitchen, and in my mind I just label them 'Johns' or 'inedible' with a big X over them...this works for me, they're just not my choice.

Here are a number of delicious, zero-calorie foods you may not be aware of:

Anything eaten while standing has zero calories.

Anything eaten off somebody else's plate has zero calories.

Food sampled for "tasting" purposes during preparation has no calories.

Food sneaked from someone after you distract them is also calorie-free.

Anything eaten after the expiration date contains no calories.

DISCLAIMER: Some of the preceding information is not medical advice and should not be taken as such. If you feel the urge to take any of this "information" seriously, please lie down until the feeling goes away. Thank you.