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I think that somehow,
we learn who we
really are and then live
with that decision.

**Eleanor
Roosevelt**

DEB CARUANA'S...

Vital SignsFitness!

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

What I'm Giving Up for Lent?

This past week being lent and the opening of The Passion of Christ (which I probably won't see, mostly because I can't bear watching physical violence and I'd be a total wreck during and afterwards). Though I am one who abandoned the Catholicism I was raised in, it does still haunt me.

Don't worry I'm not going off into religious rantings. ...

Having recovered from my trials and tribulations of January I headed into February with a revived passionate verve. I was finally over the lingering cold and ready for action. I broke into the workout regime, gently not expecting too much of myself after an almost 3 week hiatus. The passion was glowing, a light ember within. As the week wore on and I continued to beat my expectations. I tried a little harder and while I was at it added a new cardio regime called High Intensity Interval Training. It is exactly what it sounds like and it can be accomplished in 20 minutes. (I explain it in further detail in the next article)

Now one client in particular to whom I will give the name Jackie has been working with me since late summer and while making excellent fitness gains has not lost the weight she has set out to. In fact she has gained a pound or two. So while working out this new cardio regime I invited Jackie to join me. With the cold weather still lingering, we tended to use her gym more often than not, which is why no one else has been invited.

So week one Jackie and I do cardio 3-4 times as well as the workout regime. The second week yours truly is feeling infallible. My passion is a red hot ember and I'm out to save the fitness world. If Jackie isn't getting motivated to do her cardio one day I jump in and do more to get Jackie fired up. The upshot of Debs passion being, Deb works out 3 times plus 6 cardio days, Jackie 2 workouts +2 cardio. For all my efforts I now have a low grade cold again and have to take myself out of the workouts for an entire week. I was just trying to do my best and be my best and I ended up flagellated. I realize now I can't save the fitness industry.

So for lent I am giving up passion and giving into practicality. The following article will address several more issues regarding "Passion", its problems and how to avoid them. I believe there is a place for passion, it will haunt me and drive me as friend and foe for the rest of my life, like my Catholic roots.

Meanwhile a number of clients have been expressing their need to do cardio for weight loss. Once the weather gets a

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A woman is like a tea bag- you never know how strong she is until she gets in hot water. **Eleanor Roosevelt**

Do what you feel in your heart to be right - for you'll be criticized anyway. You'll be damned if you do, and damned if you don't. **Eleanor Roosevelt**

Friendship with oneself is all-important, because without it one cannot be friends with anyone else in the world. **Eleanor Roosevelt**

Actual Places in USA:

[Jot 'em Down, Texas, USA](#)

[Last Chance, Colorado, USA](#)

[Mary's Igloo, Alaska, USA](#)

[Nameless, Texas, USA](#)

[Ninety-Six, South Carolina, USA](#)

[Nothing, Arizona, USA](#)

[Okay, Oklahoma, USA](#)

[Shorter, Alabama, USA](#)

[Sopchoppy, Florida, USA](#)

[Toad Suck, Arkansas, USA](#)

[Earth, Texas, USA](#)

[French Lick, Indiana, USA](#)

[Gun Barrel City, Texas, USA](#)

[Happy, Texas, USA](#)

[Holy Moses, Colorado, USA](#)

[Humansville, Missouri, USA](#)

[Intercourse, Pennsylvania, USA](#)

little warmer I will be organizing groups and times when we meet in the park to do collective cardio conditioning. We'll basically be broken into groups of walkers/fast walking, walker/runners, and runner/sprinters. I will keep everyone posted about the details. Please email me at deb@vitalsignsfitness.com to hold your spot. Everyone will be thankful that I have learned my lesson and not drive them too hard.

When Your Sports and Exercise is Your Passion.

You're fired up, your adrenaline is pumping, engines are revved. You can't wait to get out there and perform. You've waited all day, maybe a few days and are replaying in your mind the challenges you will confront and how you will tackle them. Your time to escape the day to day and become your true self, the adventurer, the conquerer, the winner, the leader, the activist or the dreamer has arrived.

When your sport is your passion, motivation is not a problem. Sometimes though, the passion can create complications. Knowing how and when to stop, slow down, change your ways, get educated, hire a pro. or just 'take a break' is essential to survival and ongoing fulfillment from your sports and fitness career.

Your activities are precious and you want to be sure to keep it that way.

You're certainly aware of all the advantages your sports participation provides. It keeps your spirits up, makes you feel and look young, gives you lots of energy, allows you to cheat on your calorie counts, your mind is sharper, helps maintain your figure, you're passionate and optimistic, you feel fulfilled...and this only to start the list of benefits. If your not feeling these benefits you may just want to stop, take a look and see if your missing something in your routine. Sports and fitness adventurers are human too.

Whether your venturing into a new sport, progressing in your same sport, or cross-training here are some problems to consider, hopefully avoid or know what to do, should the situation strike.

Keeping it all in perspective. Let's review some basics:

PROBLEM: Too rushed to do a warm up and stretch before physical activity? Remember: studies confirm that cold muscles are prone to injury and it's the times when you're rushed that you are most prone to injury.

SOLUTION: Don't give into temptation and jump cold into your sport. Instead jump into jumping jacks, arm swings, leg swings, step out lunges, stationary cycling, running, or walking in place for three to five minutes. Then, a few dynamic stretches (to wake up the muscles and prepare them for effort), while reaching out with effortless breathing. Slow static stretches (which put the muscles to sleep) have been shown to dampen performance efforts, so stretch out and keep it moving. Now your ready to jump in.

PROBLEM: Succumbing to the "weekend warrior" syndrome. Compressing all of your physical activity into two days sets you up for trouble and doesn't increase your fitness level. You should try to get at least 30 minutes of physical activity every day.

SOLUTION: If time is a problem HIIT (20 min. cardio) may be your solution. High Intensity Interval Training is really quite simple to do. You pick your favorite cardio activity and build up to a challenge pace by minute 5. Then take your pace up to a winded "sprint" state for as long as tolerable, and bring it back down for however long it takes you to recover enough to go into your next "sprint" state again. These are your intervals, which you eventually build up in numbers. At first you can only do a few intervals and the entire workout will take 8 -12 minutes. So you save time while getting tremendous benefits! You will eventually build up the length, intensity and number of intervals to fill up 20 minutes no more time is needed! Always include gradual warm up (5 minutes) and cool down (3 minutes), add a few stretches if you can at the end.

Cautionary note: work within your level as you are more prone to injury because of increased intensity. For example, if you're a beginner use a walk into a jog. Joggers can break into a run for intervals. Runners go into a sprint, sprinters zip into light plyometrics like jump roping or track and field. It is believed that HIIT helps the body to release HGH (Human Growth Hormone) which is a tremendous fat burning hormone, as well, it has rejuvenating properties for body tissues (including skin, organs and muscle). Less intense cardio programs cause fat loss but also muscle loss, plus there's the time element.

PROBLEM: Guessing at how to correctly maintain your physical

form or hold a piece of equipment is not smart. Improper form increases the chance of developing "overuse" injuries like tendonitis or stress fractures.

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 Kathleen Blakeway Web. Kathleen and I met almost 5 years ago while she was pregnant with her third son. As Kathleen says, she was never in better shape. Because Kathleen escapes the city for long summers she's on again and off again client. Since her last extended lay off she has started back and lost 9 lbs without seriously dieting. She is again back in her top form. She is inviting her friends to join us in our workouts because she's so convinced that I could make more changes for them than their current personal trainers. This kind of support is obviously very gratifying. Let the playoffs begin! Thanks Kathleen for all your hard work and belief in my work! **You might be my next Client Of The Month. Wait for your name here in an upcoming month!**

SOLUTION: Take lessons from a professional specializing in your specific sport and invest in good equipment. Cross training with a qualified fitness trainer can help you develop enhanced coordination, balance, strength, flexibility, proper alignment and breathing techniques plus teach you body awareness so you don't create bad habits and break the old ones.

PROBLEM: Saving time, hassle and money keeping the old shoes and equipment.

SOLUTION: Replace them when the treads start to look worn, or when the shoes are no longer as supportive. Visit a qualified orthotist or pedorthist to find if you need orthotics. They will help resolve (foot, ankle, knee, hip, back, shoulder or neck) pain and debilitation provoked by poor foot alignment.

PROBLEM: Not wearing the appropriate safety gear.

SOLUTION: If you inline skate, use a helmet, knee, wrist, and elbow pads. If you ski, cycle or snowboard, get a helmet and wear sunscreen. Safety gear can save your life, broken bones, soft tissue injuries and keep you away from the risk of cancer.

PROBLEM: Ignoring what your body says as you age. Losing flexibility and not modifying activity you did years ago. Some sports put too much stress on the body. The human body is not designed to perform many activities, including traditional sports. Our bodies are very good at repairing, but as we age, that changes and it takes longer to recover.

SOLUTION: You need to decrease the repetitive impact particularly to your joints, to continue enjoying your sports with less aches and pains. To modify try to switch from singles tennis to doubles, from running to bicycling, or from advanced ski hills to the more basic slopes. You may not be able to play three times a week because that doesn't give your

body time to repair. Meanwhile, work on your flexibility and strength. By conditioning and increasing muscle mass, the body is able to better absorb repetitive impacts. Using lighter weights and 30 repetitions per exercise is safer and still provides improved strength. Lifting weights damages muscle, but when it is rebuilt, it is stronger than before. You may be able to lift two to three times a week and still play sports and allow your body a chance to heal. Some studies show that exercise reduces pain in arthritis sufferers. Warming up, stretching and anti-inflammatory treatments help relieve symptoms but won't slow down the natural progression of arthritis. Nutritional supplements like glucosamine and chondroitin may also reduce symptoms. They are not miracle cures and we do not understand how they work yet. But some users swear that they help.

PROBLEM: Being impatient and wanting better results or avoiding boredom.

SOLUTION: Use the 10% rule. When changing your activity level, increase it in increments of no more than 10% per week. If you normally walk two miles a day and want to increase your fitness level, don't suddenly try to walk four miles. Slowly build up to reach your goals. Develop a balanced fitness program that incorporates cardiovascular exercise, strength training, and flexibility. In addition to providing a total body workout, a balanced program will keep you from getting bored. If you have been sedentary or even if you are in good physical shape, don't try to take on too much at once. It is best to add no more than one or two activities per workout. Yours truly doubled everything and caught herself another cold...not helpful.

PROBLEM: Trying to silence an injury such as tendonitis, arthritis, stress fracture, or low back pain.

SOLUTION: See a qualified specialist (these specialists are

ordered in seriousness of injury) such as an orthotist or pedorthotist, medical exercise specialist, physical therapist, physiatrist, or orthopaedic surgeon who can guide and advice you along to a speedy recovery to your first love and passion. Remember you want to keep that sports file filled with great experiences. Your sports and fitness regime should provide a lifetime of adventure, fulfillment and exhilaration, if your passionate and smart!

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!

Welcome aboard Karen Gurewitsch who Jackie Greenberg had so generously asked to join us during one of her sessions. Karen is now working out twice a week with me because of Jackie's generosity.

“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 person who calls 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.

Here's this month's 2-part Trivia Question...

1. What is lower on the glycemic index a snickers bar or pretzels?
2. What is higher on the glycemic index a french baquette or pumpernickel bread?

*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*

**Get Free Fitness Tips,
Strategies and Secrets from a
recognized expert at my web
site:
www.vitalsignsfitness.com**

**Just Another Thank You To
Everyone For All of Your
Wonderful Testimonials!**

Also remember that I was supposed to have a draw, and someone would win a free session of their choice whether it be cardio, strength work, nutrition, meditation, yoga or just stretch. Well everyone finally submitted their testimonials and I had the draw this weekend with my husbands help and the winner is.....

Lavinia Snyder, who just happened to be last months client of the month. **Congratulations Lavinia.**

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

**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!

Susan Zimney has inquired about the glycemic index (GI) is a ranking of carbohydrates based on their immediate effect on blood glucose (blood sugar) levels. It compares foods gram for gram of carbohydrate. Carbohydrates that breakdown quickly during digestion have the highest glycemic indexes. The blood glucose response is fast and high. Carbohydrates that breakdown slowly, releasing glucose gradually into the blood stream, have low glycemic indexes.

Low GI means a smaller rise in blood glucose levels after meals, can help people lose weight, can improve the body's sensitivity to insulin, can help re-fuel carbohydrate stores after exercise, keep you fuller for longer, can prolong physical endurance.

Low GI = 55 or less High GI = 70 or more
Medium GI = 56 - 69

How to Switch to a Low GI Diet

Use breakfast cereals based on oats, barley and bran
Use "grainy" breads made with whole seeds
Reduce the amount of potatoes you eat
Enjoy all types of fruit and vegetables (except potatoes)
Eat plenty of salad vegetables with vinaigrette dressing

***Get Free health and fitness tips, nutritional
guidelines and powerful
weight loss and body-shaping “trade secrets”
at my web site:
www.vitalsignsfitness.com***