



THE FITNESS CORNER

FACILITATING YOUR FITNESS JOURNEY

NOVEMBER 2006

VOLUME 1, ISSUE 4

AUTHOR:

DR. TYRONE A.
HOLMES, ED.D., CPT

ACE CERTIFIED PER-
SONAL TRAINER

PRESIDENT & OWNER

T.A.H. PERFORMANCE
CONSULTANTS, INC.

HOLMES FITNESS
COACHING

INSIDE THIS ISSUE:

THE TEN COM-
MANDMENTS OF 1
FITNESS: PART 1

TIPS BOOKLETS 2

THE 10 COMMANDMENTS OF FITNESS: PART 1

In the previous issue of The Fitness Corner, I described the top five reasons exercise programs fail. These include injury, a lack of time, boredom, a lack of support, and a lack of motivation. These barriers account for a 50% failure rate for exercise programs. Fortunately, there are steps we can take to develop a successful, long-term fitness regimen. I refer to these steps as the **10 Commandments of Fitness**. These Commandments acknowledge the barriers to implementing a long-term exercise program, and describe steps you can take to overcome these barriers. The first 5 Commandments include the following:

1. **Determine Your Readiness for Exercise.**

There are two elements you must consider be-

fore starting an exercise program. The first is your physical readiness. The only way to determine if you are physically ready for exercise is through an exam. Tell your doctor you want to begin a fitness program and you want to make sure you are healthy enough to start. The second consideration is your mental readiness. Specifically, you must consider how likely you are to stick with an exercise program once you begin. Research has identified several factors that are related to long-term success including past exercise experience, high self-confidence in regards to exercise, a positive view of exercise, an awareness of the positive health benefits of exercise, support from family and friends, and convenience. The more

of these factors you have in your favor, the more likely you will have success in your fitness program.

2. **Focus on Increased Activity, Not a Formal Exercise Program.**

You do not have to engage in vigorous physical activity in order to increase your level of fitness and improve your overall health. In fact, the American College of Sports Medicine (ACSM) has emphasized that 30 minutes of moderate physical activity (e.g., walking, golfing) on most days is sufficient to realize important health benefits. While this will not prepare you to run a marathon or ride the Tour de France, you will reach a much higher fitness level than a sedentary individual. You will also feel much better.



THE 10 COMMANDMENTS OF FITNESS: PART 1

3. **Select an Exercise You Really Enjoy.** Maintaining a long-term exercise program is highly correlated with enjoying that program. You will almost certainly quit if you do not enjoy your fitness regimen! Therefore, make sure you select activities you really like. Remember, you have a wide range of activities to choose from such as walking, cycling, running, weightlifting, rollerblading, dancing, golf, handball, tennis, racquetball, basketball and many more.

4. **Learn How to Perform the Exercise Safely.** The single biggest reason exercise programs fail is injury. An injury can include significant damage to a muscle tissue such as a sprain, or the relatively minor muscle damage that manifests itself in soreness. Either situation can diminish your motivation to exercise. Therefore, whatever activity you choose, make sure you learn how to perform it safely and take it easy, especially in the beginning.

5. **Exercise with Others.** Boredom is another common reason exercise programs fail. One way to overcome this problem is to exercise with friends. This provides several benefits including a sense of camaraderie, a positive social experience and the ability to push each other to higher levels of performance. Remember, for this to work you have to identify an exercise all participants can enjoy, and you'll need to accommodate varying degrees of fitness.

Dr. Tyrone A. Holmes, Ed.D, CPT
President & Owner

T.A.H. Performance Consultants, Inc.
&
Holmes Fitness Coaching

30307 Sterling Drive
Novi, MI 48377

Phone: 248-669-5294

Fax: 248-669-5295

tyrone@doctorholmes.net

www.holmesfitness.com

TIPS BOOKLETS

It is with great pleasure that I announce the availability of my TIPS booklets! Using a concise, easily scannable format, these affordable 20-page guides offer detailed tips, tools and techniques you can use to immediately improve your performance in a variety of areas. The following booklets are currently available:

- **50 Ways to Lose Weight Without Dieting.**
- **50 Tips for Improving Communication in Culturally Diverse Settings.**
- **50 Ways to Reduce Bias and Create a Climate for Diversity.**

- **50 Tips for Managing and Resolving Conflict**

To learn more about the content of each booklet or to place an order, please visit www.holmesfitness.com.

