



THE FITNESS CORNER

FACILITATING YOUR FITNESS JOURNEY

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In the previous issue of The Fitness Corner, I described the first 5 Commandments of Fitness, which include *Determine Your Readiness for Exercise*, *Focus on Increased Activity Not a Formal Exercise Program*, *Select an Exercise You Really Enjoy*, *Learn How to Perform the Exercise Safely*, and *Exercise with Others*. In this issue, I describe the final 5 Commandments:

1. **Participate in Organized Fitness Events.** A great way to motivate yourself is to take part in an organized fitness event. On any given weekend, there are literally thousands of fitness events, both competitive and non-competitive, geared toward a wide variety of physical activities. These include swimming, climbing, cycling, hiking, running, walking,

rollerblading and racquet sports. Choose an activity you really enjoy and participate with a friend.

2. **Prepare for Setbacks.** No matter how successful you are with your fitness regimen, you will experience setbacks. There will be missed workouts, poor eating days and plateaus where you just can't seem to improve. Don't worry about it! Setbacks are inevitable, so recognize that they will happen and don't get down on yourself. Just focus on getting back on schedule as soon as you can.

3. **If you Need to Lose Weight, Do it Slowly.** Perhaps the biggest mistake we make when it comes to health and fitness is trying to lose weight too quickly. Never try to lose more than 1 pound a

week (which is still not easy because to lose a pound, you need a 3,500 calorie deficit - that's 500 calories a day). The best way to do this is to think about weight loss on a monthly, not weekly, basis. For example, set a weight loss goal of 3 pounds a month. This may not sound like much, but it adds up to 36 pounds a year!

4. **Make ONE Change to Your Eating Habits, But Always Eat Breakfast.** Most people think that in order to lose weight, you must drastically change your eating habits. Not true! Make one modification to your current eating habits that will result in a 150-300 calorie reduction every day. This can be as simple as drinking one less soda pop, eating one less bag of chips or sipping one less \$10 cup of



THE 10 COMMANDMENTS OF FITNESS: PART 2

coffee. You will be amazed at how quickly these calories add up. For example, if you reduce your caloric intake by 250 calories a day and burn off an additional 250 calories by walking 40 minutes a day, you will have a caloric deficit of 500 calories daily, and lose 1 pound a week.

5. **Never, Ever Go on a Diet - They Always Fail.** At any given time, millions of Americans are on a diet. This is not surprising given that 65% of us are overweight and 30% are clinically obese. The problem is, diets DO NOT work. They fail for at least two reasons. First, diets are short-term measures. They dramatically modify your eating habits for a specific period of time during which you may see positive results. The problem is, few diets last for the rest of your life. Once you achieve your weight loss goals, you will return to your previous eating habits. You will then gain the lost weight back plus some additional weight, which is connected to the second problem, muscle loss. This happens whenever you lose more than 1 pound per week and don't utilize both cardiovascular and resistance exercise. The problem is that muscle loss lowers your metabolism (defined as the number of calories you burn per day at rest). For every pound of muscle you lose, you burn about 6 fewer calories per day. If your diet causes 15 pounds of muscle loss, you will burn 90 fewer calories a day. This may not sound like much, but over the course of one year, you burn 32,850 fewer calories. This adds up to a 9 pound weight gain even if you continue to eat a restricted diet!

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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.

