



THE FITNESS CORNER

FACILITATING YOUR FITNESS JOURNEY

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5 MORE WAYS TO EXERCISE WITHOUT EXERCISING

In the last issue of the Fitness Corner, I described 5 ways to increase your physical activity without starting a formal exercise program. This is important because, according to the American College of Sports Medicine, only 1 in 4 Americans gets the recommend amount of exercise on a weekly basis (about 30 minutes of moderate physical activity on most days). In fact, 25% of us never exercise at all, which has significant consequences for our health. The 5 actions I discussed previously include:

1. Do work around the house and yard on a regular basis (e.g., mow the lawn; rake leaves).
2. Park your car far from your destination and walk.

3. Ride a bike instead of driving your car.

4. Identify opportunities to walk (e.g., walk to a restaurant for lunch instead of driving; visit the zoo instead of a movie theater).

5. Purchase a pedometer to measure your walking mileage.

In the current issue, I offer 5 more ways to 'exercise without exercising'.

1. **Participate in a charity walk or "walk-a-thon"**. This is a great way to increase your physical activity, contribute to a great cause, and have a wonderful time with friends and family. Charity walks are not competitive, but are fun, highly social events where participants walk at a conversational pace with their

friends. You don't have to worry about being in great shape because there are walks of varying distances. Organizations such as the American Heart Association and the American Cancer Society put on walking, running and cycling events on a regular basis.

2. **Learn how to dance.** Dance lessons are a great way to increase your physical activity, have a lot of fun and impress your friends (only if you become a really good dancer)! It doesn't matter what type of dance you learn. Whether you choose ballroom, tap, salsa, swing, line, street or square dancing you will get a great workout. It's also an excellent way to meet new people and make friends.



5 MORE WAYS TO EXERCISE WITHOUT EXERCISING

3. **Play with your children.** Get out and play with your children, grandchildren, nieces, nephews and cousins. When it comes to physical activity, it doesn't matter. Just find out what they like to do and get involved. Chances are, some of their favorite activities will include movement so you can obtain the benefit of increased activity while spending time with your loved ones. If the kids are still infants, that's fine too. Push them around in the stroller on a daily basis.

4. **Become a stair climber.** Walk up and down stairs as much as possible. You can do this at work, at the mall, when visiting your doctor's office, in a parking garage, at shows and sporting events, or any other time you are in a multistory building. Simply get in the habit of taking the stairs instead of riding an elevator or escalator. If you have trouble walking up stairs, you can still gain a significant health benefit by walking down the stairs. Try setting a goal for yourself such as taking three flights of stairs every day.

5. **Implement a clean-up project.** Most of us have a basement, attic or spare room that is a mess and needs some serious cleaning (and I bet you have been putting this off for a long time). For many of us, this is not a one-day project, but something that will take days or weeks to complete. Set a goal to spend 20 minutes a day cleaning up that room. In many cases this will involve a significant amount of physical activity.

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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.

