



# THE FITNESS CORNER

FACILITATING YOUR FITNESS JOURNEY

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## GET FIT WITH F.I.T.T.

Want to start a successful exercise program? Want to get into shape while you're having lots of fun? Try the F.I.T.T. process. It provides a simple method for developing an exercise regimen that will help you achieve your health and fitness goals in a way that connects with your interests and lifestyle. F.I.T.T. stands for *Frequency, Intensity, Time* and *Type*.

1. **TYPE.** The first question you must answer when developing an exercise program is, "What type of exercise will I do?" I have two suggestions. First and most importantly, select an exercise you really enjoy. I am often asked, "what's the best type of exercise?" The answer is simple. Any exercise

you enjoy that you will do for the rest of your life. That's the best exercise for you. Second, to the extent possible, try to select a variety of exercises. This can reduce boredom, and provide you with a more well-rounded exercise regimen. For example, you will obtain the greatest training effect if you engage in both aerobic and strength training exercises. However, my first suggestion is most important - do what you really enjoy.

2. **TIME.** Your next step is to determine how long you will exercise. Try employing the concept of 'Less is More'. A common mistake, especially for beginners, is to exercise too long and/or too hard. This usually leads to soreness, injury or ill-

ness and is a primary reason people abandon their exercise programs. Start out with 10 to 15 minutes and slowly build up to 30 to 40 minutes per workout. This is plenty for almost everyone. The only exception might be competitive athletes but even they need to start slowly and build up duration over time. If you are wondering what I mean by 'slowly', I suggest you follow the 10% rule which states, 'never increase your exercise duration by more than 10% per week.' For example, if you are jogging for 20 minutes, 4 times a week and want to increase the duration, do not increase it by more than 2 minutes per run or a total of 8 minutes for the week.



## GET FIT WITH F.I.T.T.

3. **FREQUENCY.** How many days a week will you exercise? The 2007 Physical Activity Recommendations released by the American College of Sports Medicine and the American Heart Association call for a minimum of 30 minutes of moderate intensity aerobic activity (e.g., a brisk walk) on 5 days each week OR at least 20 minutes of vigorous intensity aerobic activity (e.g., a hard run) on 3 days each week. They also recommend resistance training 2 days each week that consists of 8-10 exercises of 8-12 repetitions each (e.g., weightlifting). If you can exercise this frequently that's great. But if you can't, remember, it is better to exercise 2 or 3 days a week than not at all! Anything you can do will provide you with health and fitness benefits. Also, keep in mind that you can start with 2 or 3 workouts a week and build up to 4 or 5 over time.

4. **INTENSITY.** This is often the most difficult element for beginning exercisers to figure out. "How hard should I be exercising?" My general rule of thumb is that you should keep your exercise intensity at a low to moderate level. Numerically, this is 40 to 65% of your maximum heart rate (MHR). You can get a rough estimate of your MHR by subtracting your age from 220, however a simpler way to do this is to use the 'talk test'. You should be able to carry on a conversation while you are exercising. Once you start working so hard you have trouble speaking, you are probably overdoing it.

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## LIFESTYLE COACHING

It is with great pleasure that I introduce my Lifestyle Coaching program. Lifestyle Coaching is designed to help you **lose weight, improve your health and fitness, and enhance your work/life balance.** By utilizing a variety of processes, tools and techniques, you will reduce stress, improve your work performance, and most importantly, feel better about yourself.

Lifestyle Coaching works because it takes a holistic approach to your development. Specifically, we address the mental, emotional, behavioral and psychological elements of body shape, health, fitness and their impact on your life. By

looking at the "whole person", we greatly increase your chances for long-term success.

Lifestyle Coaching is also effective because it is based on a simple premise: **The best way to improve your health and facilitate permanent weight loss is to make minor, reasonable modifications in your eating habits and to slightly increase your daily level of physical activity.**

To learn more about Lifestyle Coaching, visit my website at [www.holmesfitness.com](http://www.holmesfitness.com) and request a FREE CONSULTATION to begin the process that will change your life!