



THE FITNESS CORNER

FACILITATING YOUR FITNESS JOURNEY

MAY 2009

VOLUME 4, ISSUE 2

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INSIDE THIS ISSUE:

THE 10 BIGGEST WEIGHT LOSS MISTAKES: PART 1 1

LIFESTYLE COACHING 2

THE 10 BIGGEST WEIGHT LOSS MISTAKES: PART 1

As you read this, millions of Americans are trying to lose weight. That's not surprising given that 65% of us are overweight and 34% are clinically obese. However, many of us make mistakes in the weight loss process. In the next few issues, I will describe the 10 biggest mistakes and offer tips for effective, long-term weight loss.

1. **Going on a diet.**

Every year, millions of people go on a diet. That's unfortunate because diets generally fail for at least two reasons. First, diets are usually short-term measures. They are designed to radically modify your eating habits for a specific period of time during which you may see positive results. The problem is few diets are designed to last for the rest

of your life. Once you achieve your weight loss goals, you will eventually return to your previous eating habits. You will then gain the lost weight back plus some additional weight. This additional weight is directly connected to the second problem with diets. The weight you lose during your diet will include water, fat and to a great extent, muscle. This 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 roughly 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!

2. **Trying to lose weight too quickly.**

What's the most weight you can **healthfully** lose in a week? If you said 3 or 4 lbs. you are way off. That's far too much weight to lose in one week. While it may be possible to do so, it is not healthful. If you said 1 or 2 lbs. you might be surprised to learn that you are only half right. Two pounds is also too much weight to healthfully lose in a week. The most weight you should try to lose in a one week period is one pound and even better is a half-pound. Why? Because the faster you lose weight the more certain you can be that you are



THE 10 BIGGEST WEIGHT LOSS MISTAKES: PART 1

losing muscle mass and water, instead of body fat. If you want to lose body fat **without** going on a diet, simply 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 coffee. You will be amazed at how quickly these calories add up. For instance, you need to incur a deficit of 3,500 calories to lose one pound. If you reduce your energy intake by 250 calories/day, you would lose 26 lbs. over the course of a year (1/2 lb. a week). I know this is not as fast as many of us would like to lose weight, but it is a safer, healthier and more effective way of losing body fat that will stay off!

3. **Trying to lose weight without exercise.** Want to lose weight? That's great. Think you are going to slim down without increasing your level of physical activity? Not likely. To lose 1 lb. you need to burn off 3,500 more calories than you take in the form of food and drink. While it is possible to lose weight by simply eating less, it is much easier if you also increase your level of physical activity so you burn more calories every day. This will allow you to lose weight more quickly and healthfully. The good news is that increased physical activity doesn't mean you have to go to the gym 5 days a week (but that's fine if you want to). Anything that gets you moving more frequently will help. For some convenient exercise ideas, read my earlier newsletters, [5 Ways to Exercise without Exercising](#) & [5 More Ways to Exercise without Exercising](#).

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 and request a FREE CONSULTATION to begin the process that will change your life!

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