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Lifestyle Coaching

Much has been written about the health benefits of exercise and the poor state of fitness in America. To put it simply, a poor diet and a lack of exercise is killing us! According to the Centers for Disease Control and Prevention, 2 out of every 3 Americans are overweight. 34% of adult Americans are clinically obese. This obesity is widespread throughout the U.S. The number of young people who are overweight has more than tripled since 1980. The American College of Sports Medicine (ACSM) reports that fewer than half of all Americans get the recommended amount of exercise on a weekly basis (about 30 minutes of moderate physical activity on most days). 25% of us never exercise at all. This has significant ramifications for our health since there is a direct link between a sedentary lifestyle, obesity and many deadly diseases. But there is good news! My Lifestyle Coaching program will 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.



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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 and fitness, and their impact on your life. For example, we work together to identify the factors affecting your daily eating and exercise habits. We examine psychological elements such as personal motivation and behavioral elements such as environmental management. 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 facilitate permanent weight loss is to make minor, reasonable modifications in your eating habits and to slightly increase your daily level of physical activity.* For example, rather than making drastic changes to your daily eating habits, I help you identify one change that will result in a 150-300 calorie reduction per day. Since you need a deficit of 3,500 calories to lose one pound, you would lose between 15 and 30 pounds a year. Not enough weight loss for you? Try walking an extra 30 minutes a day. That will double your weight loss. If this sounds really simple, that's because it is. Lifestyle Coaching removes the fad diets and the ridiculous expectations (e.g., you can't lose 10 pounds in a week, even a starvation diet won't result in that amount of fat loss). We work together to identify your goals, to remove the barriers to achieving those goals, and to create a personalized plan that will facilitate permanent weight loss, improved health and fitness, and enhanced work/life balance. Based on your goals, I provide you with a variety of tools such as electronic exercise and food journals, calorie calculators, healthy recipes, exercise plans and reading materials to support you in your fitness journey. We also meet on a regular basis via telephone and e-mail to discuss your progress, to address any difficulties you are having, to identify additional support resources and to make adjustments to your plan.

To get started with Lifestyle Coaching, simply visit my website at www.holmesfitness.com to request a Free Consultation and begin the process that will change your life!