



THE FITNESS CORNER

FACILITATING YOUR FITNESS JOURNEY

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5 MORE WAYS TO IMPROVE YOUR EATING HABITS

In the last issue of the Fitness Corner, I described 5 simple steps you can take to significantly improve your eating habits. This is important because, according to the American College of Sports Medicine, poor diet and physical inactivity contribute to more than 400,000 deaths each year in the U.S. The 5 suggestions I made in the previous issue included:

1. Try to eat breakfast every day.
2. Eat each meal at the same time every day.
3. Take lunch to work (instead of eating out).
4. Eliminate one restaurant meal per week.
5. Eat your meals slowly.

In the current issue, I offer 5 more ways to improve your eating habits:

1. **Increase the amount of fiber in your diet.** This serves three purposes. First, insoluble fiber greatly enhances your digestive system and promotes intestinal health. Second, soluble fiber delays the emptying of the stomach, which keeps you feeling full for a longer period of time. It also slows the absorption of carbohydrates, reduces insulin levels, increases HDL (good) cholesterol, and reduces LDL (bad) cholesterol. Finally, there is a strong relationship between a high fiber diet and reduced incidence of heart disease, stroke and colon cancer.

2. **Start every meal with a serving of your favorite fruit.** This serves two purposes. First, it will help you get your recommended daily allowance of fruit, which is great from a nutritional standpoint. Different fruits contain a wide variety of vitamins, minerals and antioxidants, and are an excellent source of fiber. Second, by starting with a piece of fruit, you will feel fuller more quickly and eat less at every meal. This is an excellent way to facilitate the weight management process.

3. **Identify vegetables you enjoy and eat at least two servings per day.** Eating a vegetable-rich diet can provide many potential benefits such as reduced risk of heart dis-



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ease, stroke, type 2 diabetes and certain types of cancer. Vegetables are also nutrient-dense. They provide significant nutrients in relatively small amounts, and contain lots of fiber. Because of this, eating vegetables can reduce the total amount of food you eat, and your daily caloric intake, thus promoting weight loss.

4. **Read and understand food labels.** It is imperative that you know what you are putting in your body. That has become easier in recent years with the inclusion of nutrition information on most foods. Pay close attention to serving size, total fat, saturated fat, trans fat, cholesterol, total carbohydrates, dietary fiber, sugar and protein. You may also want to monitor the amount of sodium, vitamins and minerals in each serving as well. Most importantly, use this information to get a better understanding of your caloric and nutritional intake on a daily basis.

5. **Eat SOME of your favorite foods.** This might surprise you, but the truth is, eating plans that eliminate all of our favorite foods never work. It's a recipe for binge eating. Besides, your eating habits should not bring additional stress to your life. Focus on eating your favorite foods less frequently and in smaller amounts. Not on eliminating them completely. For example, eat one Krispy Kreme doughnut per day instead of two!

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