The Fitness Corner

Facilitating Your Fitness Journey

November 2009 Volume 4, Issue 4

Author:

Dr. Tyrone A. Holmes, Ed.D, CPT

ACE Certified Personal Trainer

USA Cycling Certified Coach

President & Owner

T.A.H. Performance Consultants, LLC

Holmes Fitness Coaching

Inside this issue:

The 10 Biggest Weight Loss Mistakes: Part 3 1

Lifestyle Coaching 2

The 10 Biggest Weight Loss Mistakes: Part 3

In the last two issues of the Fitness Corner, I described the first five weight loss mistakes:

- Going on a Diet
- Trying to Lose Weight Too Quickly
- Trying to Lose Weight without Exercise
- Starving Yourself
- Making BIG Changes in Your Eating Habits

In this issue, I describe two more mistakes when it comes to weight loss.

1. **Skipping breakfast**. Another common mistake for people attempting to lose weight is to skip breakfast. In many ways, that's perfectly understandable. Given our hectic schedules, some of us would rather sleep later and skip the morning meal. Some of us aren't that hungry in the morning and would rather wait until lunchtime to eat. But be warned – you do this with great risk when it comes to maintaining a healthy weight. Studies have consistently shown that eating breakfast on a daily basis is one behavior that most healthy weight people have in common. Failure to eat breakfast inevitably leads to lower blood sugar, increased hunger and increased caloric intake later in the day. So eat a healthy breakfast within two hours of waking each morning. This will help boost your metabolism while reducing your hunger throughout the day. And remember, breakfast does not have to consist of traditional food items such as cereal, eggs, bacon etc. Nor does it have to be a large meal. Try eating a piece of fruit or two. You can broil a piece of fish or eat a small plate of pasta. Feel free to be creative and think outside the box when it comes to breakfast. Just make sure what you're eating is reasonably healthy.

2. **Eating only one or two meals a day**. Many people who are

The 10 Biggest Weight Loss Mistakes: Part 3

trying to lose weight make the mistake of eating only once or twice a day. They reason that if they are overweight while eating 3 or 4 meals, they can successfully lose weight by eliminating a meal or two each day. While this approach may sound reasonable, it is usually destined to fail when it comes to **long-term** weight loss success. In fact, this approach is the exact opposite of what you should be doing if you want to develop healthy eating habits that lead to successful weight reduction. If you want to lose weight, eat **more** meals per day, not fewer. Specifically, eat 4 to 6 meals instead of 2 or 3. This may sound like an oxymoron, but eating more frequently will help you lose weight more effectively. That's because our bodies work hard to digest and absorb the foods we eat (this is known as the *thermic effect* of food). This, in turn, boosts the metabolism and allows us to burn more calories. Of course, when you eat more meals, make sure your portions are a little smaller than normal. As a general rule of thumb, try not to eat more than 500 calories at a single meal.

Dr. Tyrone A. Holmes, Ed.D, LPC, CPT

President & Owner

T.A.H. Performance Consultants, LLC

&

Holmes Fitness Coaching

17212 N. Scottsdale Road - Suite 2317

Scottsdale, AZ 85255

Phone: 480-584-6202

Fax: 480-584-6206

doctorholmes@sbcglobal.net

www.holmesfitness.com

Lifestyle Coaching

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!