



THE FITNESS CORNER

FACILITATING YOUR FITNESS JOURNEY

NOVEMBER 2011

VOLUME 6, ISSUE 4

AUTHOR:

DR. TYRONE A. HOLMES, ED.D, CPT

ACE CERTIFIED PERSONAL TRAINER

USA CYCLING LEVEL 2 COACH

PRESIDENT & OWNER

HOLMES FITNESS COACHING, LLC

INSIDE THIS ISSUE:

SPINNING, PILATES AND YOGA 1

LIFESTYLE COACHING 2

SPINNING, PILATES AND YOGA

A good way to exercise, develop new friendships, and have fun is through group exercise classes. There are a wide variety of sessions offered by fitness centers, spas and community organizations. Three popular options include spin classes, Pilates and yoga.

SPINNING. Cycling or spin classes offer a fun way to burn calories, improve your cardiovascular system and strengthen your legs. There are a variety of cycling classes available, some of which provide both lower and upper body conditioning. Classes are

typically offered at beginner, intermediate and advanced levels. Most importantly, spin classes make you work. You will typically burn between 400 and 1,000 calories during a 1-hour class, depending on the level of workout intensity. So if you are looking for a way to lose weight and improve your aerobic fitness, consider joining a cycling class.

PILATES. You've probably heard of Pilates but you may not know what it is. Pilates is a form of mind-body exercise that emphasizes a strong mental focus on the physical move-

ments being performed. It stresses quality of movement over quantity of movement. The Pilates philosophy states that it is better to perform one exercise movement correctly than many poorly. Pilates helps practitioners develop a strong core (the abdominal, oblique and erector spinae muscles), long and lean muscles, and increased flexibility through six principles: *concentration, control, centering, flow, precision and breathing.* Pilates' exercises are typically performed on a mat with a variety of equipment such as

SPINNING, PILATES AND YOGA (CONTINUED)



resistance bands, stability balls, balance disks and specialized apparatus such as the reformer. You can find Pilates classes at health and fitness clubs, Pilates studios, recreation centers, wellness centers and rehabilitation clinics.

YOGA. If you are like many people, you may not think of yoga as a viable form of exercise. Think again. Yoga provides practitioners with many physical and mental benefits. WebMD reports that nearly 11 million Americans are enjoying yoga's benefits such as increased flexibility, pain prevention, enhanced muscular strength, improved posture, better breathing, decreased stress, increased mental calmness, improved concentration and reduced blood pressure. You will also enjoy a modest caloric burn. For example, a 150 lb. individual will burn about 170 calories during an hour of yoga. So find your inner downward facing dog and check out a local class!

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

President & Owner

Holmes Fitness Coaching, LLC

17212 N. Scottsdale Road - Suite 2317

Scottsdale, AZ 85255

Phone: 480-584-6202

Fax: 480-584-6206

doctorholmes@sbcglobal.net

www.holmesfitness.com

The Fitness Corner Blog

www.doctorholmes.wordpress.com

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! 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, achieve your weight loss goals, and feel better about

yourself. Lifestyle Coaching takes a holistic approach to your development. By looking at the mental, emotional, behavioral and psychological elements of body shape, health and fitness, we greatly increase your chances for long-term success.

For more information and to schedule a FREE consultation, please visit www.holmesfitness.com.