

## Baton Health & Fitness Newsletter

*Passing on Knowledge & Truth About Healthy Living*

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<http://www.tonyamjones.com>



### Living in the Light



Throughout my entire weight loss journey many people have asked me, "what is your secret?" Unfortunately, far too many people have asked this question in total sarcasm and envy. However, many people have genuinely wanted to know my secret.

So, for the men and women who really desire to live a healthier lifestyle; I offer you not one, but TWO of my weight loss secrets.

#### Secret #1: Faith

When I began my weight loss journey, I unconsciously created a team to ensure my success. My team included:

- God
- Mentor
- Weight Watchers
- Personal Trainer

- Personal Trainer
- Psychologist
- Physician
- Nutritionist
- Advocates (My parents and three close friends)

I was not even aware at the time that I was actually creating a team, but it was because of my faith in God, not even myself, that I knew the victory would be mine. My greatest example of faith is during the first month of joining Weight Watchers my mentor, Shannon and I attended a weekly meeting together. I asked Shannon to allow me to see her weigh in books. As I read her weekly weigh in books I discovered:

- She weighed in consistently on the same day and time
- Sometimes she lost weight, maintained her weight, and even gained weight
- She reached her goal

At that moment, I developed a realistic expectation about weight loss and said to myself "this extra weight on my body is coming off" and by faith in God, and eventually myself, it did.

A weight loss journey presents many challenges and obstacles that one must make the choice to overcome. In a recent meeting with Dr. Lawrence Cheskin, Director of [Johns Hopkins Weight Management Center](#), we discussed my weight loss journey and success. When he looked at my before photos, in which I weighed 200 lbs, he said to me, "most people who are that size will lose 40 lbs and quit." Although, quitting was never an option for me I immediately understand why he made that statement.

Half way through my journey I hit a plateau and the scale WOULD NOT move. I was totally frustrated because I was working out twice a day: one hour of cardio in the morning and strength training in the afternoon. I was also following [Weight Watchers](#) Flex program precisely. In my frustration I placed a phone call to a body builder and she said to me, "Tonya your body has been carrying around an excess of about 70lbs for a decade and will not release this weight without a fight. So, who will when you or your body?" When I hung up the phone up, I said to myself, "I will win the fight" and immediately implemented my second secret into my weight loss journey."

#### Secret #2 Visualization

Visualization is extremely powerful when you are trying to reach a goal or make change. Visualization allowed me to overcome my plateau on the scale and exceed my initial weight loss goals. I purchased a bikini and hung it on my bedroom door and told myself, "one day you will be able to wear this." The day I purchased the bikini it was so tight I had to laugh at myself. Through my laughter, I was motivated and believed that one day I will stroll down the beach wearing my bikini. On the days when I would wake up and not want to workout the bikini was a reminder of my goal. By

placing the bikini on my bedroom door; I was forced to challenge myself every day to give my weight loss my best and every night to evaluate my daily efforts. One year later, I am able to stroll down the beach in my bikini.

Ten years ago I would have never imagined all of the joy that comes from transforming ones life through health and fitness. As result, I can never imagine living a day that does not include healthy living. As we enjoy the remaining days of spring and transition into summer, I encourage

you to rely on your faith and enjoy the benefits of visualization. My journey is living proof that both faith and visualization will grant you the blessing of living in the light.

Yours in health,

*Tonya M. Jones, M.Ed.*

Professional Speaker, Group Fitness Instructor, & Weight Loss Consultant

\*Please consult your physician before starting any weight loss program. This information is not created to substitute medical advice.



Tonya facilitating a panel discussion during Freedom Consulting's Health & Fitness Expo.  
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**Making a Splash with Aquatic Workouts**



**By: Kimberlee Swift**

Think you need to be a swimmer to get a great workout in the pool? Time to change your thinking about aquatic exercise! The pool is no longer the domain of a seasoned swimmer. It has become a haven for anyone who wants a challenging and effective workout, without problems that accompany a program of similar intensity on dry land. All you really need is a sense of adventure, a swim suit, and a pool, but to get you going in the right direction follow these 5 basic tips:

- Water provides Variable Resistance. You get out of it what you put into it. The faster you move the harder you will work; the bigger your movements, the harder you will work. Experiment by changing the speed and size of your movements.
- You weigh less in water than you do on land. This means that water that is waist deep will reduce your body weight by 50% and water that is neck deep will reduce you weight by 90%. Choose or vary your depth depending on the exercise and amount of weight bearing that you want to experience.
- Many land exercises translate well into the water. High knee marching, jogging, cross country ski, jumping jacks, and karate kicks all work really well in the water.

Attending a class can give you great ideas for solo workouts, and can get you started on the right track. Local health clubs, Y's, and even some outdoor pools offer water aerobics classes, start here and modify what you learn for your own workout.

See you in the Pool!

*Kimberlee Swift is an Exercise Science/Physical Education major, and has worked in the health and fitness field for 10 years managing clubs and programs in both community health clubs and retirement communities. Her focus is in the aquatic environment, teaching classes, personal training, and swim instruction). She is currently the Aquatics Director at Brick Bodies Health Clubs. She can be reached at Kimberlee.swift@brickbodies.com.*

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**Fit Into Spring**



**By: Marion Bolding**

Winter is over and spring is here, but are you ready? Hmm... just what I thought, but it's not too late. Read on to learn how to spring your body into fitness.

I hope you are already using the one-two-punch strategy for creating a successful exercise program as per my previous article. Now let's ensure your program will get you the desired results.

First, let's look at the number of days you should exercise. The American College of Sports Medicine (ACSM) recently updated its recommendations on the quantity and quality of exercise for healthy adults. To improve cardiovascular fitness or to lose weight, the ACSM recommends performing physical activity three to five times per week for 20 to 60 minutes per session.

Next, let's look at the type of exercise you should do. Your program should consist of cardiovascular, strength, and flexibility training.

- Cardiovascular training is any activity involving large muscle groups over an extended period of time (e.g., walking running, cycling, and swimming).
- Strength training should include exercises for all your major muscle groups. You can perform strength training with or without weights (e.g., dumbbell chest press or pushup for upper body strength, machine leg press and squat for lower body strength).
- Flexibility training involves stretching all major muscle groups to maintain proper muscular balance and to prevent injury.

Lastly, let's look at the level of intensity. For your cardiovascular training, the target heart rate should be at least 55% to 65% of your maximum heart rate (to estimate your maximum heart rate subtract your age from 220). You can quickly determine if your intensity is too high by taking the "talk test"; if you cannot maintain a conversation while exercising, then your intensity is too high.

If your exercise program has been lacking one or more of these components, be sure to update your routine to include all fitness aspects. You may ask a personal trainer at your gym to help you create a personalized program or visit fitness related websites to acquire specific exercise programs. One of my favorite sites is <http://www.sparkspeople.com>.

Remember, consistency is the key to success in any exercise program; choose activities that you enjoy, perform them three to five times per week and your body will spring into fitness.

If you have a fitness related question, I can be reached at marion.bolding@brickbodies.com.

\*If you are not currently exercising, please consult your physician before beginning an exercise program.



*Tonya presenting and facilitating a food demonstration during her workshop, "Taking Care of Yourself and Eating Strategically" at the 2008 Alpha Kappa Alpha North Atlantic Regional Conference in Philadelphia, PA.*

Your workshop, "Taking Care of Yourself and Eating Strategically" was an Exceptional, Serendipitous, and Pro-active experience for me. I received some life changing information. Just drinking a glass of water upon rising (as you recommended) has begun to make a difference in my sluggish metabolism. I am looking forward to implementing your other strategies, including exercise.

- Soror Tanya Crocker

**Moms Need Activities Too!**



**By: Valerie Hicks, M.Ed.**



Springtime is here and I've been preparing and planning for all the upcoming outdoor activities for my three children. They will participate in a number of sports over the next few months; track, soccer, tennis and swimming. They are excited about the summer camps that they will attend, where they will be active from sunrise to sunset. I have enjoyed involving them in all of the sports that they love. I know that ultimately this will help them to be well rounded, confident individuals who enjoy being outdoors and attempting physical challenges.

Although this has taken much time and effort dedicated to them, I made a choice to spend time on myself as well. I think it is so important for me, and all mothers, to plan physical activities during this season in order to be healthy and fit, and keeping up enough energy to take care of our busy children.

This season I have chosen to work on swimming. I used to swim as a child, but not since my weight loss journey. I work with a trainer and have committed to many lessons in order to learn to swim, as an adult. This is no easy feat for adults who think too much about all the what ifs, in contrast to children who are fearless and thus master swimming quickly and with ease. So this is my challenge over the next few months. I am enjoying it so far and I can feel the difference in myself through this total body workout.

I challenge you to challenge yourself this season. Moms, while your kids are at their activities, pick one of your own and enjoy!

Challenges that Moms may enjoy this season:

- Find a local charitable 5k to train for
- Take a class at the gym that you've never taken before
- Hire a personal trainer
- Transition from walking to jogging
- Buy a bicycle and hit the neighborhood trail
- Increase the length/frequency of your workouts

**\*Consult your physician before starting any weight loss program.**

*Valerie is an Assistant Professor of Reading and English, as well as, a business owner. Valerie is a graduate of University of Maryland College Park and University of Maryland Baltimore County. She is married and lives with her husband and three children in Baltimore County.*

