

Energy Fitness Newsletter

11/15/2009



Congrats to Brandi Paul & Eric Wilson. They were featured in the Success Story section of the commercial appeal Nov. 2nd. See their story and the link to the article by clicking on our blog link below:

<http://energymemphis.blogspot.com/2009/11/success-story-brandi-eric-motivated-to.html>

You still have time to register for the Total Image Class & Workshop.

for more details: <http://energymemphis.blogspot.com/2009/11/total-image-class-workshop-tuesday-nov.html>

What is it? A 2 part class teaching you what your true colours are, how you measure up to the "off the rack" model, if you are a natural, classis, dramatic, or romantic. AND how all of that affects your shopping. Finally justify cleaning out all the clothes you never wear, never again be lost in the store, and never again make purchases you won't wear.

Where Did the Time Go?

The number one reason why people don't exercise is that they don't have time.

At least that's what they tell themselves .

I know we are all busy. Between getting to and from work, balancing responsibilities and having time for yourself, there's little left over for workouts.

With the holiday season fast approaching your busy schedule is sure to get even busier. There will be parties, shopping, decorating, cooking and

**Bring a Friend Week-FREE
for current clients**



Tonya

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Happy Clients

In 6 weeks Brad lost 4.9% body fat, 4 lbs, over 6 inches, and went from 13 push ups to 21 (a 33% improvement) Here is what Brad had to say:

"Because I am working out, I pay attention to what I am eating now. The most exciting part is that I no longer take Blood Pressure medicine. My trainer Lisa is doing an awesome job. She is great. Thanks, Energy Fitness"

Brad Ziemba, Age 35

Since I started with Energy Fitness I rarely have the neck and shoulder pain I used to get all the time caused from long hours of surgery I perform for my occupation. I also learned that I need to add more protein and snacks during my day which helps me lose weight.

Mark A, Memphis

**Want a Free 45 min.
Consultation?**

family gatherings. It's no wonder that exercise quickly takes a backseat to holiday activities.

You don't have to succumb to weight gain this holiday season. Escape the time crunch excuse in three easy steps:

Step One: Schedule Your Workouts: You've heard this before, and it makes so much sense. If you treat your exercise time with the importance of a work meeting then you'd never skip a workout and you'd be in amazing shape.

While the scheduling concept is brilliant in its simplicity, you have to put it into practice to reap the benefits. Pull out your calendar and a pen. Don't laugh, I'm serious! Just do it. If you want to get into shape it starts with committing to a revised schedule with a set exercise time.

Identify three 40-minute time slots and mark them on your calendar. That is when you'll exercise.

Remember this: if the thought that you should exercise this week is floating around in your head, but you haven't anchored it down to a specific time and date, then it will quickly disappear.

Step Two: Get the Most from Each Minute: The days of endless, mind numbing cardio are over. A great workout can take place in under an hour, when done correctly. The idea is to burn more calories each minute. This is done through short, intense bursts of exercise.

Use the following three tips to bring your routine up to the next level:

1. **Be Unstable:** Use your entire body, and target your core, by performing exercises that engage stabilizing muscles. To do this use an exercise ball, a balance board, a balance disk, or you could simply stand on one leg.
2. **Add Resistance:** The more resistance that you incorporate with your routine translates into higher intensity and more calories burned. Some ideas for adding resistance include: carrying dumbbells while doing lunges, wearing a weighted vest while walking or jogging, or putting a weight between your feet while doing leg raises.
3. **Use Intervals:** Interval training is an amazing tool for creating short yet effective workouts. Don't worry, it's not complicated. Interval training is simply alternating between different short bursts of activity.

Here's an example: Let's say you want to focus on your legs and abs and to also get an effective cardiovascular workout. This would be a great interval routine for your goals:

- Lunge while curling dumbbells, 15-20 repetitions
- 30 seconds of intense cardio: sprint, jump rope, or jumping jacks
- Squat while pressing dumbbells overhead, 15-20 repetitions
- 30 seconds of intense cardio: sprint, jump rope, or jumping jacks
- Crunches on an exercise ball, 15-20 repetitions
- 30 seconds of intense cardio: sprint, jump rope, or jumping jacks

<http://www.energymemphis.com/complimentary.html>

Check Out these Links:

[How to lose those stubborn pounds & other topics, Tonya's radio interviews from Womens Wisdom Network](#)

[OUR BLOG - very helpful nutrition and other info.](#)

[Train2Tri \(triathlon training group\)](#)

[Memphis Farmer's Market](#)

[Juice Plus](#)

[Fashion Academy](#)



Juice Plus: Energy Fitness' Favorite Vitamin! (the next best thing to fruit & veggies)

- Leg raises off the end of an exercise bench, 15-20 repetitions

Step Three: Twice the Results in Half the Time: What if I told you that I have a proven way to deliver twice the fitness results in half the time? It's simple really...

When you attempt to lose weight or meet a fitness goal on your own, the odds are stacked against you. Sure, you could do it over time – but it's a long and lonely road. A road lined with detours that threaten to undermine your progress.

When you start a program with me, you suddenly have the upper hand on weight loss. You have me in your corner, coaching you each step of the way, keeping you accountable to workouts and giving you that dose of encouragement when the going gets tough.

And I'll be the one congratulating you when your goal is met.

Call or email today to get started on a fitness program that will put exercise firmly on your calendar, and results squarely in your future.

Give Thanks, Get Fit

The year's most calorie-dense day is almost here—are you ready? Use this game plan on Thanksgiving to avoid gaining extra weight:

- Start your day of thanks with a fiber-filled breakfast.
- Take 30-60 minutes for a brisk walk or jog before the big meal.
- At the table, fill most of your plate with lean cuts of meat and vegetables. When you've filled up on the healthy stuff then simply taste the heavier dishes, rather than eating a large serving.
- Wait at least 20 minutes before you get a second helping. This is very important since it takes at least this long for your body to register how full it actually is. You may realize after 20 minutes that you don't want seconds after all.
- Enjoy a warm serving of Grilled Fruit for dessert instead of pie. Use the recipe below!

Grilled Fruit

We are entering the holiday season, a time when sugar-and-fat laden desserts will materialize wherever you go. Wait! Before you forego your fitness goals for another piece of pie, try this simple recipe.

Fruit is nature's candy - it's sweet, delicate and delicious.

Grilling fruit extracts the natural sugar, making it a warm, tasty treat. Serve seasonal grilled fruit for dessert this holiday season - you'll lose weight without depriving your taste buds.



Yield: 2 servings

Here's what you need:

- 1 mango (or apple, pear, melon, pineapple)
- 1 banana (or fig, apricot, papaya, peach, nectarine)
- Dash of cinnamon *optional*
- Grill pan
- Non-stick cooking spray
- Wooden skewers

1. Submerge wooden skewers in water for 15 minutes. Cut fruit into chunks, thread onto skewers.
2. Lightly spray a grill pan over medium heat. Place the fruit skewers in the pan. Sprinkle with cinnamon, if desired.
3. Grill for 5 minutes, or until dark grill lines appear. Flip the fruit over and grill the other side.

Nutritional Analysis: One serving equals: 120 calories, .5g fat, 31g carbohydrate, 3g fiber, and 1g protein.

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