

## Energy Fitness Newsletter

12/15/2009



The Holidays are in full swing. Are you staying focused on getting in your cardio sprints and a few resistance training exercises?

No? **Then try this 10 minute workout**  
*Perform 1 Minute of each exercise below 2 times each.*

Jumping Jacks (super fast and short range)

Negative Push Ups (start in push up position and lower your self slowly to floor, get up on your knees to starting position and lower yourself slowly again)

Squat (with your hands above your head reaching upwards, raise and lower yourself in a squatting position touching your butt to a chair with your feet about 15 inches apart)

Mountain Climbers/Floor Runs (place your elbows or hands on floor and alternate quickly bringing each knee up towards your chest as you are on your toes.)

Vertical Leg Crunches (lie on your back, place your feet straight up in the air, alternate attempting to touch each shin with the opposite hand if you can't reach your toes, shoulders must remain off the floor while performing this abdominal exercise, don't forget to breathe.)

### Your Holiday Party Cheat-Sheet

Remember that kid in school who scored so well on tests that everyone got a little suspicious?

Then one day during a big exam - BAM - the teacher pulled a cheat-sheet out of the kid's pocket. It was game over for that kid and the rest of the class was able to breathe a little easier knowing that those perfect scores weren't real.

A cheat-sheet gives you an unfair advantage – it supplies you with what you need to get ahead.

How would you like a cheat-sheet for getting through holiday parties

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



Tonya

Tittle, M.S., ACSM

Energy Fitness

552 South Main

901-523-2348

[My Site](#)

### 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?**

without putting on a single pound?

What if this cheat-sheet could also help you lose a few pounds before New Year's?

You're in luck, because below I have outlined the 5 shortcuts you need to avoid gaining holiday party pounds.

## Your Holiday Party Cheat-Sheet

### Short Cut #1: Eat a sensible meal before the party.

You should always arrive at parties with a full stomach. I realize that this goes against the popular trend of starving yourself before a party, and that's exactly why most people gain weight. Since your stomach will be full, you'll have the clarity to pick and choose the treats that you really want, rather than stuffing yourself with everything in sight.

### Short Cut #2: Bring a healthy dish to share.

Don't worry if the party that you're going to isn't a potluck - the hostess will love you for being so thoughtful, and you'll have a healthy option to enjoy.

The Festive Hummus recipe below is perfect to bring to parties.

### Short Cut #3: Never drink calories.

Do you realize how quickly calories add up when you're slurping them out of a cup? Alcoholic beverages and sweet holiday drinks are simply packed with calories. These calories don't take up much room in your stomach so you're left wide open for even more calories.

Your best strategy is to avoid these beverages altogether, and stick with water. Aim to drink 2-3 glasses of water at the party.

### Short Cut #4: Fill your plate, but only once.

I'm certainly not going to tell you that you shouldn't eat anything at the party. By all means, go and fill up your plate. But only once.

That's right, you heard me. No going back for seconds. Since you've already eaten a sensible meal before arriving, this rule is going to be easier to keep than you think.

### Short Cut #5: Taste dessert, just a taste.

The holidays are all about sweet treats, so go ahead and partake. But just a taste. Look at desserts as something to savor, not something to fill up on.

And since you ate a sensible meal before you came, then you filled up your dinner plate once you're probably going to be pretty full at this point anyway.

That's it - all you need to know to not gain a single pound at holiday parties.

But what about the rest of the year?

<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)

Wouldn't you love to make 2010 the year that you transform your body?

Wouldn't it feel great to throw out all of your fat clothes? To look forward to bathing suit season? To be given a clean bill of health from your doctor? And to be showered with compliments by family, friends and that special someone?

It's all more possible than you think.

But you'll need to take massive action.

My programs are designed to quickly and efficiently get you into the best shape of your life.

Call or email now to schedule your first body transforming workout.

Go on, do it now and secure your spot before the New Year's rush.

### **Your Focus this Season**

The holiday season is filled with special foods. From decorated cookies to mashed potatoes, it's one food event after another. For most of us the holiday season becomes more about food than anything else...and you wonder why you gain weight. This year shift your focus from food to the things that really matter most to you. The season will mean more to you and you'll look and feel your best.

### **Festive Hummus (Sun-Dried Tomato and Basil)**

While the red and green speckles give this homemade hummus a jolly look, it's the taste that makes it unforgettable. This dip makes the perfect party take-along. Serve it up with whole grain pita bread or fresh cut veggie sticks.

**Yield: 12 servings**



#### **Here's what you need:**

- 1 (15 oz) can garbanzo beans
- 1 Tablespoons tahini
- 1 Tablespoon olive oil
- 1 Tablespoon lemon juice
- 1 Tablespoon water
- 2 garlic cloves, mashed
- 1/4 teaspoon salt
- 2 teaspoons soy sauce
- 4 sun-dried tomatoes
- 1/4 cup basil leaves

1. Throw all the ingredients into a food processor and combine until smooth.

**Nutritional Analysis:** One serving equals: 55 calories, 2g fat, 6g carbohydrate, 2g fiber, and 2g protein.

**Spread the word.** Forward this newsletter to your friends, family and coworkers by using the 'refer a friend' link below. They'll thank you for it.

[Forward This Newsletter - Refer a Friend](#)

Email: [energymemphis@gmail.com](mailto:energymemphis@gmail.com)

Phone: 901-523-2348

Web: <http://www.EnergyMemphis.com>

This email was sent by **energymemphis@gmail.com**

[To Unsubscribe click here](#)

Energy Fitness 552 South Main

**Send Test Email:**

**Send Email**

[Print Newsletter](#)