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### Can't lose that last 10 pounds?

***Burst Training Class (Lecture) at Energy Fitness: May 22nd at 6:45 p.m. hosted by Dr. A from Chiropractic Memphis (east location) -***

How to get off those last few pounds that are hanging on for dear life.

You can achieve much more in just a 12 minute workout. Its all about Hormones and Metabolism! And you Can Change them to help You! *This class is 1hr and will change your life!*

#### Backward Fitness

As you can imagine, I hear a ton of excuses from people on why they don't exercise.

Sometimes the reason is self inflicted: *I don't have the time.*

Other times the reason is procrastination: *I'm going to start as soon as tax season ends.*

And occasionally the reason is downright funny: *The dog ate my gym shorts.*

I usually point out to these well meaning folks that, despite their reason, exercise is a very important activity that will dramatically improve their life. I bring up the health benefits and describe how many of their physical ailments would improve. I talk about how great they will feel dropping excess weight and rediscovering a slender figure.

However, there was always an excuse that would get me.

The devious excuse of 'being active': *Oh, I don't need to exercise in a gym - I'm very active. I play tennis and hike in the summer and I ski in the winter.*

Well, they have a point, right? Tennis, hiking and skiing are all active sports that burn calories. Maybe they can be fit without doing any other exercise, especially if

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#### Testimonials

Marc Sorin (Attorney, Age 42) Body Fat Lost 11.7%, pounds lost 55. I banished fast food & now eat with nutrition in mind. When in full throttle I do cardio 4 times/week & weight training 2x/week. My motivation to stay fit comes from my fear of developing diabetes. Words of wisdom: As long as you make excuses you'll never get in shape.

Marilyn Carter (Teacher, Age 28) I initially chose Energy Fitness to get off my butt & get in shape. Exercise gives me energy/makes me feel better. Energy Fitness is a place that is about the whole body, feels like therapy. Staff has a positive attitude. Great environment, feels like close knit community & like everybody is friends.

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[21 Insider Tips to Fitness Success](#)

they are at a reasonable weight.

Then I started to notice a trend.

The 'active' people couldn't touch their toes in a simple flexibility test. The 'tennis players' couldn't jump rope for 60 seconds. The 'hikers' needed a week to recover from a one mile jog. The 'skiers' encountered injury after injury. And then it hit me.

You don't become fit by simply being active. That's backward fitness.

Only by being fit can you become more active.

To become and maintain a level of fitness there is no replacement for a consistent exercise program. It's the only way.

True fitness is when your body can do whatever you ask of it. This means having flexibility, strength and endurance.

Do you exercise? Or are you fooling yourself with the excuse of 'being active'?

How happy are you with your level of fitness? Are you able to meet all of the functional demands of life? Or do you find yourself opting out of experiences or situations that you know would be too challenging?

If you've used the excuse of 'being active' in the past, it's time to reconsider your options. Don't practice backward fitness with the hope of true results.

Contact me to get started on a program that will make you truly fit. And if you're furthest from active and simply want to lose those extra inches and pounds, make the decision to take action today.

After all, there's no trial run in the game of life.

### **Be Excellent**

The most important aspect in becoming and staying fit is to be persistent. You can exercise every day for a week, but if you follow that week with a month of no exercise then you've lost all ground. Find an exercise program that you are able to consistently do and then stick with it. In the words of Aristotle, "We are what we repeatedly do. Excellence, then, is not an act, but a habit."

## Simple Spaghetti Squash



Spaghetti squash is one of the easiest vegetables to prepare without adding fat in the cooking process. Each squash is filled with folic acid, potassium, vitamin A, and beta carotene - and best of all it is a low calorie food. **Servings: 4**

### Here's what you need...

- **1 spaghetti squash**
  - **1 Tablespoon dried basil**
  - **1/2 teaspoon garlic salt**
1. Cut squash in half and scoop out the seeds and fibers. With a fork pierce the squash skin a few times.
  2. Fill a microwave safe dish with 1/2 inch of water. Place the squash cut side down in the dish.
  3. Microwave on high for 10-20 minutes or until the skin gives easily under pressure (be sure to use an oven mitt, as the squash get very hot.) Let stand for a few minutes.
  4. With a fork, scrape the pasta-like insides into a medium bowl. Mix in basil and garlic salt.

**Nutritional Analysis:** One serving equals: 42 calories, 0g fat, 10g carbohydrate, 2g fiber, and 1g protein.

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