

We Need Your Help to Help You!

We've been working hard to keep our clients eating healthy, so we are going to have a contest to help us do that even better.

You have until January 30th to bring in as many menus from Downtown and Midtown restaurants (actually from the restaurant, not printed out) as you can.

Whoever brings in the most will **WIN A MONTH'S WORTH OF FREE TRAINING!** (That's 8 training sessions and a fitness assessment/wellness coaching session-a \$300 Value!)

21 Day Kick Start

Who Else Wants to Get Results Like This, Instead of Failing Again?



They say it takes 21 days to develop a habit, so we're giving you 21 days to get in the habit of being fit!

This deal includes 6 group training sessions, a fitness assessment/wellness coaching session, 2 meal plans, a Cardio Express© DVD worth \$323 for only \$150!

Only available to the first 8 people to reply to this newsletter or call 901-523-2348. Offer expires entirely 1/12/2009! First time Kick Start members only!

Refer a Friend - Click Here

Tonya Tittle, M.S., ACSM

Energy Fitness

[Email Me](#)

[My Site](#)

901-523-2348

Testimonials

Rex Reynolds (Pilot, 38) I chose personal training because it motivates me to work out the rest of the week, and it makes me not feel lame.

Anne Locke(homemaker/volunteer) I come back to personal training week after week because it makes me do stuff I wouldn't normally do. It makes you raise the bar, and it's fun!

Check Out these Links:

[weight loss, athletic performance, wellness, specials](#)

[Access your Energy Fitness account online\(ask staff what your password is\)](#)

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

New Downtown Running Group Meeting at Energy Fitness



(Nancy is in the foreground on the far left)

Nancy Mincey and Energy Fitness are proud to bring you a new Downtown running group! Nancy has been running competitively since grade school, regularly competes in triathalons, and is a member of the Memphis Terrapin Racing Team.

Meet at Energy Fitness, 552 S. Main, every Wednesday at 5 a.m. and Thursday evenings at 6 p.m. beginning Jan. 7th. All levels of runners are welcome, and distances range from 3 to 9 miles.

NO ONE WILL GET LEFT BEHIND!

New Year's day...it never fails to evoke feelings of hope and renewal, but is it really a trap?

You've been handed a proverbial clean slate - another chance to shrug off your bad habits and reach for your dreams.

In an attempt to bottle that New Year's vigor, you'll make a few New Year's Resolutions. But before you put pen to paper, you ought to know this:

It has been reported that 92 % of all New Year's Resolutions end in failure.

That means that less than 1 out of every 10 people will successful accomplish their resolutions in 2009.

Ouch - those statistics are brutal. Who in their right mind would take the time to make resolutions when failure is that imminent?

As your trusted source for fitness advice, I'd like to coach you through this sticky situation. Yes, most people fail to achieve their New Year's Resolutions. However, I am going to clue you in on what the 92% do wrong and teach you what the 8% who succeed do right.

First up, the 92% who failed. These well-meaning folks shared a common mistake that put the nail in their coffin before they'd even begun.

They bit off more than they could chew.

In all the excitement of becoming a better person and changing their life in the New Year they made the crucial mistake of committing to do too much. But reality set in, a few weeks or even days into their reformed life, and they gave up.

The 92% gave themselves an easy way out. They approached their resolution with an 'all or nothing' attitude. Once the 'all' became too tough they opted for 'nothing'. And just like that another resolution ended in failure - end of story.

Now let's examine the 8% who succeed with their resolutions year after year. The key to their success is quite simple (you may have even guessed it by now).

They set realistic goals.

I'll repeat that... they set REALISTIC goals.

- Instead of resolving to lose 50 pounds by June, they commit to exercise 3-4 times each week.
- Instead of resolving to give up all carbs, they commit to bring healthy snacks to work instead of eating from the vending machine.
- Instead of resolving to drop 3 sizes in 3 months, they commit to losing 1 pound each week until they reach their desired size.
- Instead of resolving to never eat out again, they commit to eating healthy all week and rewarding themselves with one meal out on the weekends.

Did you see the difference?

If you want your resolution to stick then think of something simple and realistic. Sure, it certainly won't sound as cool as the resolutions that the 92% make - but they aren't going to keep theirs anyway.

Remember that the whole point of making a New Year's Resolution is to become a healthier, happier and more successful person. Small changes done consistently will make a big difference.

If your New Year's Resolution has to do with losing weight and getting into great shape (and whose isn't?) then guarantee your success by working with a fitness expert who can show you the ropes and guide you to success.

I'd love to team up with you - together we will transform your body in 2009!

Call or email to get started today.

So-Called Health Food

This is the time of year when grocery stores put 'health' and 'diet' foods on display. Before you reach for that box of 'health bars' or '100 calorie packs' take a moment to actually read the nutrition label. Many of these items aren't healthy at all. They are simply cleverly disguised junk food that will actually promote weight gain rather than weight loss. Stick with items that are low in sugar and fat, and eat fresh produce often.

Eat-Your-Spinach Frittata



This recipe is a great way to eat more spinach-and we all know how that turned out for Popeye. Frittatas make a great dinner, so don't limit this as a breakfast food. The key to making a low fat, high protein frittata is to replace most of the eggs with egg whites, as this recipe calls for.

Servings: 4

Here's what you need...

- 1 teaspoon olive oil
- 1 teaspoon minced garlic
- 4 cups baby spinach leaves
- 3 whole eggs, plus 4 egg whites
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

- 1/2 sweet onion, chopped
 - 1/4 cup red bell pepper, minced
 - 2 red potatoes, peeled and shredded
 - 1/4 cup shredded low fat mozzarella
1. Preheat the broiler and position the rack about 4 inches from the top. In a large nonstick frying pan (with a flameproof handle, since this is going in the oven) heat 1/2 teaspoon of oil on medium heat. Add the garlic and sauté until soft, about 1 minute. Stir in the spinach and cook until it is wilted, about 2 minutes. Transfer to a bowl and set the frying pan aside.
 2. In a bowl whisk together the eggs and egg whites, salt and pepper. Set aside.
 3. Put the frying pan back on medium heat and add the remaining 1/2 teaspoon of oil. Add the onion and sauté until soft, about 4 minutes. Stir in the bell pepper and potatoes and cook until the potatoes are browned, about 5 minutes.
 4. Spread the potato mixture to an even layer in the pan. Spread the spinach over it, then pour the eggs on and sprinkle with the cheese. Cook until slightly set, about 3 minutes.
 5. Place the pan under the broiler until the frittata is browned and completely set, about 3 minutes. Cut into wedges and serve immediately.

Nutritional Analysis: One serving equals: 176 calories, 6g fat, 16g carbohydrate, 2g fiber, and 12g protein.

Motivate your friends, family and co-workers! Use the "refer a friend" link below to forward this newsletter and subscribe your friends.

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