

Energy Fitness Newsletter

01/01/2010



Jump to it! Try these 3 exercises to help you increase the intensity of your workouts starting today. (if you have shoulder or knee issues then you may want to skip or just try one set the first time) fyi: only do jumping/plyometric style exercises 1 x per week

**next time I will post workouts with pictures to our blog and give you the link as it will take me 1/8th the time. efficiency in all things is a personal motto that i apply to not only workouts but to knowledge sharing as well.*



bench lunge with shoulder ups - try 2 sets of 20 each leg

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



Tonya

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[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?**



shoulder push ups - try to do as many as you can - repeat

<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)



stationary plyometric/jumping squats - try for 2 sets of as many as you can do.

11 Fitness and Fat Loss Tips

It's New Year's Day, and you have a clean slate.

I don't know if you are one to make New Year's Resolutions or not, but either way you're probably thinking about how you can become fitter, healthier and happier than you are right now.

These 11 Fitness and Fat Loss Tips will get you on the right track for this New Year:

1. Push the intensity of your workouts. Don't kill time, burn calories by maintaining a challenging intensity.
2. Use smaller plates at home. This effortlessly reduces calorie intake and promotes weight loss.
3. Build accountability into your workouts so that you resist the temptation to take days off. The best way to ensure accountability is to work with a personal trainer either one-on-one or in a group training setting.
4. Maintain your metabolism by eating a healthy snack or meal every three hours. This food should be unprocessed, low in fat and high in fiber.
5. Incorporate High Intensity Interval Training into your cardio workouts by performing bursts of high intensity rather than exercising at a single steady pace.
6. It's not about will-power, it's about want-power. You have to want it.
7. Stop talking about losing weight. Start doing it.
8. Find a workout partner who is in better shape than you, or better yet work with a personal trainer to guarantee dramatic results.

9. Challenge your body with each workout. Use different weights, do different exercises and break through plateaus.

10. Set specific, measurable goals.

11. Start each day with a healthy breakfast. This important meal should be a balance of carbohydrates, protein and fat to get your metabolism going strong.

You deserve better...go get it.

After writing these tips, I realized how powerful and inspiring they are. Print this list and place it somewhere that you'll see often – this will keep you motivated and pumped up to accomplish your goals.

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 guide you to success.

I'd love to team up with you - together we will transform your body in 2010!

Call or email to get started today.

The New Year's Resolution Trap

Are you making a New Year's Resolution today? If you do, keep this in mind: It has been reported that 92% of New Year's Resolutions end in failure. Why? Because most people make resolutions that are simply unrealistic. They quickly get discouraged and then abandon the idea entirely.

To ensure that you accomplish your New Year's Resolution, stick with a goal that is realistic rather than intimidating. Check out these examples:

- Instead of resolving to lose 70 pounds by summer, commit to exercise 3-4 times each week.
- Instead of resolving to give up all carbs, commit to bring healthy lunches to work instead of going through a fast food drive thru.
- Instead of resolving to drop 3 sizes in 3 months, commit to losing 1 pound each week until you reach your goal weight.
- Instead of resolving to never eat out again, commit to eating healthy all week and rewarding yourself with one meal out on the weekends.

Healthy Winter Hash

This simple recipe is the perfect meal for a chilly winter day. It is packed with tender vegetables, filled with protein and can be made with chicken or as a vegetarian dish. Serve it with a salad for a quick and healthy meal that the whole family will love.



Yield: 6 servings



Here's what you need...

- 2 medium yellow potatoes, peeled and diced
- 1 medium yellow onion, diced
- 3 large carrots, peeled and diced
- 1 yellow bell pepper, seeded and diced
- 1 red bell pepper, seeded and diced
- 1 green bell pepper, seeded and diced
- 2 cups chicken, cooked and cubed (or 1 package firm tofu, drained and cubed)
- 1 Tablespoon olive oil
- 1 Tablespoon fresh thyme leaves
- 1 teaspoon salt
- 1 teaspoon garlic powder
- 1 can lowfat chili

1. Preheat oven to 375 degrees.
2. In a large bowl combine all of the vegetables and chicken. Drizzle the olive oil and mix to coat. Add the thyme, salt and garlic powder.
3. Spread the mixture on a baking sheet, and cover well with foil. Bake for 30-40 minutes, until the vegetables are tender.
4. Remove the foil and turn on the broiler. Broil until the vegetables are nicely browned, about 8 minutes.
5. Top each serving with a scoop of warmed chili.

Nutritional Analysis: One serving equals: 230 calories, 4g fat, 28g carbohydrate, 6g fiber, and 20g protein.

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