

CONTEST-WIN A MONTH OF FITNESS!

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!)

Don't Believe the Lies

Repetition does not transform a lie into a truth.

That bit of wisdom came from Franklin D. Roosevelt during a radio address in 1939, and though he wasn't talking about fitness, it certainly applies to the following fat loss myths.

Myth #1: Eating Late at Night Makes You Fat

The Facts: Your body doesn't have an internal timer that causes late night eats to be stored directly as fat. Weight gain happens when you eat too much and exercise too little - you could eat too much in the morning, the afternoon, or late at night and it would all result in weight gain. What typically happens is "back loading"-you don't eat enough during the day, and then you over eat at night.

- Your Solution: Consider how many calories you eat and burn each day, rather than when you eat.

Myth #2: Snacking Promotes Weight Gain

The Facts: Eating snacks throughout the day is actually a great way to keep your metabolism up and to avoid overeating at meals. However, if you snack on junk food then be prepared to pack on pounds.

- Your Solution: When it comes to snacking it's all about *what* you snack on.

Refer a Friend - Click Here

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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](#)

Myth #3: You Can Lose Fat Without Exercise

The Facts: Exercise and healthy eating go hand-in-hand when it comes to permanent fat loss. Your body needs exercise just as it needs to be fed a diet filled with fresh produce, whole grains and lean protein.

- Your Solution: Schedule and accept exercise as a part of your daily lifestyle. When you wake up in the morning, you should already have your work out clothes and gym bag packed. Plan for at least 10 minutes of exercise everyday, and if you can, do more!

Myth #4: Fat Free Means 'All-You-Can-Eat'

The Facts: It's time to close your eyes and mentally erase everything that the 90's taught about fat-free dieting. Fat-free foods are not the equivalent of flavored air – they contain plenty of calories and often lots of sugar.

- Your Solution: Be mindful of calories when eating fat-free foods.

Myth #5: Eat as Little as Possible for Maximum Fat Loss

The Facts: Eating too little causes your metabolism to shut down and puts your body into starvation mode, and prone to store fat rather than burn it. Has it ever worked for you before with lasting results?

- Your Solution: When it comes to fat loss think burn rather than starve.

Myth #6: Diet Pills Work for Fat Loss

The Facts: The only thing that diet pills are capable of burning is the extra cash in your wallet. Billions of diet pills are sold every year – all to no avail. If you don't want to waste your money, it's better to invest in a protein shake.

- Your Solution: Up your protein intake. Consume 70-90 grams each day. Healthy eating and exercise can never be replaced by a pill.

Myth #7: You Should Never Eat Fast Food

The Facts: It's all about what you order. Fried, processed and salty foods will cause weight gain - don't order them. Lean meat, salad, vegetables and beans, on the other hand, are available at many fast food chains - order these instead.

- Your Solution: When eating fast food skip the fried items, stick with lean meats and salads.

Trying to lose weight is often a frustrating experience. In a world filled with quick fixes and "reality" shows that don't relate to the average person's busy lifestyle, lasting weight loss is not something that happens overnight. Remember that it took time to gain the weight, so it will also take some time to lose it.

Permanent weight loss happens as a result of a proper exercise and diet plan - my specialty.

Call or reply to this email and together we will customize a diet and exercise plan designed to help you lose the weight, tone your body and feel fantastic.

DON'T TRY

The New Year is still fresh and change is in the air. What do you want to change in your life this year? Whatever your goal, apply this philosophy to it: DO OR DO NOT. THERE IS NO TRY. This bit of wisdom didn't stem from a former president...it came from a little guy named Yoda!

Roasted Citrus Cod



Want fish in a flash? This recipe offers a healthy and delicious serving of cod crusted with breadcrumbs and enhanced with citrus zest.

Yield: 6 servings

Here's what you need...

- 1 cup panko breadcrumbs
 - 2 tablespoons unsalted butter (melted)
 - 1/4 cup chopped parsley
 - 1 teaspoon grated orange zest
 - 1 teaspoon grated lemon zest
 - 1 teaspoon grated lime zest
 - 6 (6 oz) skinless cod fillets (1.5 inches thick, with bones removed)
 - 1/2 teaspoon salt
 - 1/2 teaspoon pepper
1. Preheat oven to 450 degrees. Line a baking sheet with parchment paper.
 2. Combine panko, butter, parsley and citrus zest until evenly mixed. Place the cod fillets on the prepared baking sheet. Season the fillets with salt and pepper. Top with the panko mixture,

3.

pressing it onto the fillets.

4. Roast until the breadcrumbs are browned and the cod is fully cooked, about 10 minutes.

Nutritional Analysis: One serving equals: 122 calories, 3.5g fat, 10g carbohydrate, .5g fiber, and 12g protein.

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