

Energy Fitness Newsletter

01/15/2010



***Oh my aching back!
Try these moves to relieve upper or lower back
pain & stiffness. click on link below.***

* <http://energymemphis.blogspot.com/2010/01/oh-my-aching-back-try-these-moves-to.html>

Your Fast-Track to a Flat Tummy & Tight Abs

The New Year is still young, and if you've decided to make this your year for losing the weight and tightening your abs, you're in luck.

Getting a flat midsection really boils down to two things: 1) Getting rid of the fatty layer that is covering your abdominal muscles; and 2) Tightening and toning your abdominal muscles.

The following 7 Tight Abs Tips are your Fast-Track ticket to getting a flat, attractive midsection this year.

Tight Abs Tip #1: Perform challenging strength training abdominal exercises at least three times each week. Your abs are like any other muscle in your body—they need to be consistently challenged in order to become stronger and tighter.

Tight Abs Tip #2: Stop eating junk. Processed foods, refined sugar and high fructose corn syrup do NOT belong in your diet if, especially if you want tight abs. Cutting these items from your diet will allow your body to maintain stable blood sugar levels, alleviating your body's need to store excess sugar away in fat cells.

The fat stores created by excess sugar intake most often accumulate around your waist, covering up your abdominal muscles. Cut these items from your diet and replace them with real whole foods such as lean meats, vegetables, whole grains, nuts and fruits.

Tight Abs Tip #3: Stop doing long and slow cardio workouts. Instead, use HIIT (High Intensity Interval Training) for your cardio workouts. HIIT

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



Tonya

Tittle, M.S., ACSM

Energy Fitness

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[My Site](#)

Happy Clients

Happy to report that using my own Energy Method on myself throughout my 2nd pregnancy that I got my flat belly back within 11 days. I am wearing all my fitted jeans and feeling great. Would feel even better with more sleep though (baby likes to eat a lot in the night)! If you haven't seen the bikini pics I posted go click on our blog link and check them out.

Tonya Tittle, Age 36

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?**

training uses intense bursts of cardio peppered throughout your workout. This is a sure-fire way to rev up your metabolism and to get your fat stores to shrink.

Tight Abs Tip #4: Use resistance with your abdominal exercises. Crunches are great, but your body quickly becomes accustomed to the motion, rendering it less effective. Hold a medicine ball or dumbbell at your chest as you perform your crunches—this will force your abs to work harder, and will achieve better results.

Tight Abs Tip #5: Don't be fooled. The market is flooded with 'lose weight' products and products that claim to flatten your stomach. Never waste your time or money on:

1. So-called packaged health food that comes with weight loss claims. If it's processed in a package with a bunch of chemical additives then it will not help you achieve flat abs.
2. Abdominal exercise gimmicks as sold on late night infomercials – all you really need is your own body weight, an exercise ball and dumbbells or a medicine ball.
3. So-called weight loss supplements. The magic pill for flat abs doesn't exist, so you'd be wasting your health and money on a bogus product.

Tight Abs Tip #6: Target your lower abs. It's easy to neglect the lower abs, but they are an important part of the equation. Incorporate the V-Up into your exercise routine:

Starting Position: Sit on the edge of an exercise bench; lean back to a 45 degree angle. Extend your legs out until they are level with the floor.

Movement: Exhale and bring your knees and upper body close together, while contracting your abdominals. Inhale as you slowly release your legs, returning them to the starting position.

Tight Abs Tips #7: Challenge your core often. Don't limit your abdominal exercise to the gym, incorporate core strengthening during daily life and throughout each workout. A strong core is the foundation for flat, tight abs.

There you have it! Seven tips that, when diligently applied, will help you shed the fat and tighten your abs.

But, keep in mind that your results will be seriously hindered if you do the same exercise routine over and over. Your abs need a progressive challenge in order to transform. This means new exercises, different resistance and increased challenge.

Call or email today to get started on a program that will challenge you, motivate you and transform your body.

Availability is limited -- act now and achieve a slimmer you once and for all this 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)

Instant Ab Flattener

How would you like to improve the look of your stomach in a matter of seconds? Simple. Don't slouch. When you slouch, with shoulders rounded forward, your stomach pooches out. Instead, push your shoulders back, chest up, and pull your abdominals in. And just like that you look slimmer, and by keeping your abs pulled in you are strengthening your core.

Moroccan Stew

This stew is perfect for a cold winter day. It is packed with antioxidant-rich vegetables and fragrant spices. Serve this stew over a scoop of cooked quinoa or whole grain brown rice. **Yield: 6 servings**



Here's what you need:

- 1 1/2 cups plus 3 tablespoons water or vegetable stock, divided
- 1 large size yellow onion, finely chopped
- 2 large size red bell peppers, seeded and chopped
- 2 or 3 garlic cloves, minced
- 1 teaspoon agave nectar or pure maple syrup
- 1 teaspoon ground coriander
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground cumin
- 1 teaspoon grated or minced fresh ginger
- 1/2 teaspoon saffron
- 2 medium size sweet potatoes or garnet or jewel yams, peeled and cut into 1/2 inch cubes
- 1 can (15oz) diced tomatoes, undrained
- 1 can (15oz) chickpeas drained and rinsed
- Salt and pepper to taste

1. Heat 3 tablespoons water in a soup pot over medium heat. Add onion, peppers and garlic, and cook for 5 minutes. If the water begins to evaporate, add a little more.
2. Stir in the agave nectar, coriander, cinnamon, cumin, ginger and saffron and cook for 1 minute, stirring constantly. Add sweet potatoes, and stir to coat. Stir in tomatoes, remaining 1 1/2 cups water and chickpeas. Bring to a boil, then reduce heat to low.
3. Simmer until sweet potatoes are tender, about 30 minutes. Season with salt and pepper, then serve over quinoa or brown rice.

Nutritional Analysis: One serving equals: 141 calories, 1g fat, 29g carbohydrate, 6g fiber, and 6g protein.

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