

Energy Fitness Newsletter

10/01/2009



****New Saturday**

Workout**

What & When: we are contemplating adding an 8 week Saturday 10:15 am- 30 minutes session to our menu of services

We would call it *"Our Get Off Your A** Fall Into Action Outdoor PowerFit"*

How to sign up: If 6 people or more call 901.523.2348 or respond to this e-mail, sign up & pay, then we will begin class to start on Oct. 10th or 17th.

How much lighter will your wallet be? \$100

What you get? Eight 30 minutes sessions, 1 customized meal plan.

Where: meet at stairs by Butler Park overlooking River

Who will be my coach? Alonzo Smith will be leading participants though a fast paced, results orientated exercise session using our Energize Method of training that uses smart nutrition, strength training, & cardio intervals to get you results fast and safe. (to check out his bio click here -- www.EnergyMemphis.com)

Do you need a food plan to get finally

Refer a Friend - Click Here



Tonya

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[My Site](#)

Happy Clients

I traded Friday night happy hours for 5k races. I am 60 pounds lighter, have completed 2 races and look forward to many more. I would strongly recommend personal training to anyone interested in getting into shape & living a healthier, happier life. Tonya & the staff at Energy Fitness know what they're doing & want their clients to succeed. Even the other clients are supportive & we cheer each other on.
Annette Blunck, Age 40

Thank you, Tonya. The first thing I did when I got my wedding photos was look at my arms to see if they looked fat, because these pictures will be around for the family, forever. My arms didn't look bad. They looked good, and I thought to myself, "Thank you, Tonya!". I also wanted to thank you for my stamina from cardio, that let me dance all night at my bachelorette party. Working out lets me enjoy other parts of my life more. Thank you.

get those layers of Fat off?

2 FREE Customized Meal Plans (Value \$35) for the **first 5 people** who either call 901.523.2348 or click on <http://energymemphis.com/complimentary.html> to sign up for a FREE fitness/nutrition consultation (Value \$75).

What if we told you that we have something easy to show you how to combine easy meals that will take the confusion and control out of your own hands? That's what our customized meals plans are... easy and make you accountable to finally get that fat off.

Not ready to follow an easy meal plan, then check out some tips below so you can start implementing some small changes to push you in the right direction.

My family decided to put in place and make it a game to limit ourselves to a certain amount per month for our grocery bill. It is amazing how many fruits and veggies you can buy for far less money than packaged / processed food. (**Tip 1:** shop at farmers market or easy way for fresh fruits and veggies) And guess what? All that fiber and nutrient dense food actually keeps us fuller longer and makes us feel better. I use to buy the family organic corn flakes from Whole Foods for \$8 a bag. Now' it's Kroger Brand 99 cent corn flakes baby! Saving \$7 tastes pretty good. (**Tip 2:** compare ingredients between name brands and the store brands, many times the store brand has less preservatives and sugar then the name brand) A little secret for you...Costco is awesome and so is the restaurant wholesale supplier located downtown called Lit on the corner of union and danny thomas. Lit has some great frozen meats and veggies. (**Tip 3:** Buy wholesale when you can and if frozen veggies are more convenient for you then buy them. Frozen veggies & meat typically is better for you than canned.)

Unleash the Power of Fiber

For most people reckless snacking derails their healthy diet, leaving them frustrated and overweight.

Do you eat a healthy lunch only to succumb to the vending machine an hour later?

I've got good news for you, if you do.

With just a few adjustments to your diet, you can effortlessly kick your snacking habit to the curb.

You see, the urge to snack happens when your blood sugar levels drop—giving your body the message that you need more fuel. (Enter the vending machine.) This happens after eating meals that are low in fiber, low in calories, and high in sugar.

Rosemary Dixon, Memphis

Want a Free 45 min. Consultation?

<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](#)



Juice Plus: Energy Fitness' Favorite Vitamin! (the next best thing to fruit & veggies)

The solution?

Eat meals that are filled with fiber and you'll stabilize your blood sugar levels, and feel full longer.

The Case for High Fiber

Researchers have done their homework on fiber, and the results spell easy weight loss for all who listen. By consuming an extra 14 grams of fiber each day you can cut your calorie intake by a full 10 percent.

People who consume more fiber (as low as 20 grams per day) weigh an average of 8 pounds lighter than people who consume low fiber (closer to 10 grams per day).

There are two main reasons that high fiber leads to weight loss:

1. Fiber fills you up and stabilizes blood sugar for hours. This tames your appetite and protects you from needless snacking.
2. Foods that are high in fiber aren't as calorie dense. When you fill up on high fiber foods you eat just as much but take in fewer calories.

Breaking it Down

It's always easier to understand a concept like this when real life examples are given. So here's a review of a low fiber, high sugar diet that 'Jane' was eating, and then we'll see the small changes made to increase her fiber content and stabilize blood sugar.

- **Breakfast:** Jane would typically eat a packet of instant oatmeal made with low fat milk and topped with banana and brown sugar. On the way to work she would also grab a mocha or latte.
- **Snack:** Without fail by 10am Jane's stomach would growl, sending her to the vending machine. She would end up with a small bag of chips, crackers or candy to hold her over until lunch.
- **Lunch:** By noon Jane was starving again, and would inhale her packed lunch of a medium sized bagel with low fat cream cheese and deli slices, and a small container of yogurt.
- **Snack:** At 3pm Jane's appetite would soar and she would scavenge the office for a small snack to hold her over until dinner. She usually found part of a leftover pastry or cookies, and if all else failed she would once again turn to the vending machine.
- **Dinner:** Most nights Jane would make a dinner of chicken breast, instant rice and a small salad, some nights she would substitute pasta for the rice.
- **Snack:** Every night at 10pm Jane would find herself back in the kitchen in search of something sweet. Most often she would have a bowl of low fat ice cream or sorbet before going to bed.

Did you notice a trend in Jane's diet? While she kept her selections fairly low in fat, she hardly ate any fiber which left her battling hunger all day. Her meals were also very high in sugar, which caused her blood sugar levels to jump up and plunge down throughout the day.

Here's the revised version of Jane's meals:

- **Breakfast:** Instead of the instant oatmeal Jane switched to using old fashion (intact) oats. She then topped it with broken walnut pieces and banana. Instead of drinking a high-sugar mocha or latte, she started drinking hot tea.
- **Snack:** Much to her surprise, 10am came and went without so much as a hunger pain. Jane kept her focus and worked through till lunch.
- **Lunch:** For lunch Jane had a cup of lentil soup, a slice of rye bread and a cup of steamed veggies.
- **Snack:** 3pm came and went, and again Jane didn't feel the need snack. On her way home she ate a small handful of almonds.
- **Dinner:** This meal didn't change much for Jane. Instead of instant rice she made brown or wild rice, and instead of white pasta she made whole wheat. She also added a vegetable dish to dinner, in addition to the salad.
- **Snack:** Most nights Jane skips her late night snack since she just doesn't feel hungry. On those nights that she does want a sweet treat she enjoys sliced fruit.

That didn't look hard, did it?

As you probably noticed, Jane's daily calories dropped dramatically after adding fiber to each meal. Also her percentage of calories from fat also dropped, since her snack foods were high in fat.

This means that Jane is effortlessly losing weight simply by consuming more fiber.

You can follow Jane's lead by evolving your diet to include higher levels of fiber.

To expedite your weight loss be sure to include a consistent and challenging exercise routine. I'm here to help with that - simply call or email today to get started.

Check Your Fiber Score

How much fiber do you eat each day? Grab a pen and paper and tally it up: Beans, one half cup (7); Vegetables, one cup (4); Salad, one cup (2); Fruit, one piece (3); Fruit juice, one cup (1); White bread (1); Whole grain bread (2); White rice, one cup (1); Brown rice, one cup (3); Intact Oatmeal, one cup (4); Meat, poultry or fish (0); Eggs or dairy (0); Sodas or water (0).

If you scored less than 20: You need more fiber in your diet. Boosting your fiber will control your appetite and cut your risk for many other health problems.

If you scored 20-39: You consume more fiber than most people, but adding more fiber to your diet will continue to make foods more satisfying and cut your calorie intake.

If you scored 40 or more: Congratulations, you are getting plenty of healthy fiber in your diet. An added bonus for you is a reduced risk of cancer, heart disease, diabetes and digestive problems.

Sweet Braised Figs

This recipe is simple, healthy and delicious. Braised figs make a stunning display, and their delicate warm taste will not disappoint. Add braised figs to your oatmeal, on fat-free cottage cheese or even throw a few onto a salad. Not only are figs high in fiber, they are also loaded with potassium - a mineral important in controlling blood pressure.



Yield: 6 servings

Here's what you need...

- Non-stick cooking spray
- 1 Tablespoon agave nectar
- 12 figs, sliced in half

1. Heat a large non-stick saute pan and spray with cooking spray. Add the agave nectar.
2. Place the figs, sliced side down in the pan. Cook for 3-5 minutes over medium heat. The figs will become slightly sticky and golden around the edges.
3. Remove from pan and place sliced side up on a plate. Drizzle with remaining juice from the pan.

Nutritional Analysis: One serving equals: 70 calories, .2g fat, 18g carbohydrate, 2.4g fiber, and .6g protein.

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