

Energy Fitness Newsletter

10/15/2009



Special Offer!
During River Arts Festival only

South Main, Saturday, October 24th from
10am-7pm and Sunday from 10am-6pm.
www.riverartsfestmemphis.org

3 Week "Get That Darn Weight Off" Program **\$125** (Value \$320)

Come check us out at the River Arts Festival and visit with our friendly staff for more details on this program.

[Want to know if your current fitness program is working?](#)

Visit our table during the festival. We'll have our hand held device available to test your body fat. It only takes 7 seconds & it's FREE!

Flipping the Switch: Turn Your Motivation On

Have you ever wondered how some people are able to maintain amazing bodies while you struggle with your weight?

They make it seem so easy to achieve and maintain results. What do they know that you don't? When you boil it down, the answer is quite

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Tonya

Tittle, M.S., ACSM

Energy Fitness

552 South Main

901-523-2348

[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

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?**

simple.

The missing link between you and your ideal body is good old motivation.

A healthy dose of motivation coupled with determination will get you almost anything in life. So how do you know if you're genuinely motivated?

- Motivation will tell you to get out of bed for an early workout.
- Motivation will nag you to put down the doughnut.
- Motivation makes passing on fries a reflex.
- Motivation makes a sweat drenched workout exciting.
- Motivation constantly reminds you why you do what you do.

If your motivation levels are lacking, read the following four steps to turn on your motivation.

Step #1: Pinpoint Your Motivator.

Motivation stems from having a goal. What is your goal? Why do you want to get into great shape?

Once you uncover your personal motivator you'll find that motivation flows quickly your way.

Take a minute to really uncover the reason that you want to lose the weight. Don't say something vague like you want to 'Be thinner' or 'Look more attractive.' Dig deeper – there is a very specific motivator in your life, you simply need to uncover it.

Here are some possible motivators...

- I want to have more energy to keep up with the kids.
- I want to improve my health through weight loss to extend and improve my life.
- I want to lose 15 pounds before my vacation.
- I want to restore my confidence to wear sleeveless shirts.
- I want to regain my figure to impress and attract my significant other.

Step #2: Make It Official.

When you write something down it suddenly feels official, doesn't it? Write down your motivator for getting into great shape, and post it where you will see it often - next to your alarm clock, on the bathroom mirror, or in your car.

Each time you see your written motivator take a moment to visualize yourself accomplishing your goal. Try to make the scene as clear in your mind as possible. This is a powerful tool for maintaining your focus and direction.

Step #3: Be Practical.

It's game plan time. You know what you want, and now you need to map out exactly how you'll achieve it. It is important to be practical in your

<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)

planning, rather than throwing out ideas that you know you won't stick with.

With any weight loss goal it is important to 1) maintain a healthy low-calorie diet, and 2) participate in a consistent and challenging exercise program.

Plan a routine that will fit into your schedule and you'll be more likely to stick with it. Also choose an exercise program that you enjoy - don't force yourself to jog everyday if you hate jogging.

Step #4: Call For Backup.

Enlist the support of your friends, family and co-workers. Tell everyone about your goal to lose weight and get fit, you'll be surprised how supportive most people will be. By being open about your goals you'll likely be an encouragement to others to make healthy changes in their own lives.

The most effective way to ensure that you meet your goal is to enlist my support, your personal trainer. Together we will identify what really motivates you. Together we will design a workout routine that fits into your schedule and into your life. And together we will see it through until your goal is met.

Call or email me today to get started on the program that will transform your life.

Plan Ahead

Halloween is right around the corner, and candy seems to be everywhere. Most people use the holiday as an excuse to purchase their favorite treats, and end up eating far more of it than they should. Break out of the weight gain cycle by saying no to candy this year. There are plenty of non-edible treats that you can purchase for the kids, or stick with healthy treats like boxed raisins. By taking a minute to plan ahead you'll save yourself from countless calories.

Easy Homemade Lentil Soup

Few things are as comforting, on a brisk autumn day, than a bowl of hot lentil soup. This recipe is surprisingly simple with 5 minutes of prep and a cook time of just 30 minutes. Serve for lunch or dinner with a piece of hearty whole grain bread and a salad.

Yield: 12 Servings



Here's what you need...

- 7 cups water
- 2 1/2 cup dried red lentils
- 1 large onion, minced

- 1 teaspoon turmeric
- Large pinch of cayenne pepper
- 4 tablespoons fresh lemon juice
- 1 teaspoon ground cumin
- Salt and pepper

1. Combine water, lentils, onion, turmeric, and cayenne pepper in a large soup pot and bring to a boil. Reduce heat, partially cover, and simmer until lentils have disintegrated, about 30 minutes.
2. Stir in lemon juice, cumin, salt and pepper to taste.

Nutritional Analysis: One serving equals: 148 calories, .8g fat, 25g carbohydrate, 6g fiber, and 11g protein.

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