

Save the date, *Tuesday, Feb. 24th 7 to 9 p.m.* Keep your eyes open on details of a Charity Event that we will be hosting for the Memphis Food Bank. FREE! It's a summit on "How to Make 2009 Your Best and Healthiest Year Ever". [The line up of speakers are some of Memphis' most respected experts in fields of health, fitness, financial, and personal care.](#)

Registration Now open for CityFit at www.CityFitMemphis.com . Pass the word along to anyone you might know interested in this affordable and results driven group class. (some of the pages are still under construction, but registration page is in operation).

Congratulations to Ellen Whittington of Marion, AR for Winning a free month of Personal Training from our contest of who could bring in the most Restaurant Menus. Ellen brought in over 60 menus. Thanks Ellen, we are going to put the menus in a binder and place near the cardio workouts file for clients to look through and see Energy Fitness' healthiest picks circled.

Are You Wired to Relapse?

February is the month that most people revert to their pre-New-Year's-Resolution habits. Have you given up on your fitness goals yet?

"If you are looking for an excuse to fall off the wagon, the universe will provide one."

That was the lesson that Oprah shared in her recent confession about her ongoing struggle with weight. Oprah knows how it feels to fall off the fitness wagon; in the January issue of The Oprah Magazine she described her recent 40 pound weight gain.

Her testimony was filled with valuable insights for anyone else prone to relapse. There was a hidden cycle that I found in her story - one that exposes the process of falling off the wagon.

Refer a Friend - Click Here

Tonya Tittle, M.S., ACSM

Energy Fitness

[Email Me](#)

[My Site](#)

901-523-2348

Things said in text messaging.

Brooke Mitchell, Dental Assistant, Marion, AR I need to be crawling out of the gym next week. just ate dinner and had cake. Nooo good. But I did get smaller sized clothes for my birthday. Yay!!! Close to dropping size. So Thanks.

Tony Armstrong, Business Owner, Memphis, TN I sent him this text: "U lost another 2.2 % bodyfat. that's 5.3 % so far in 9 months. that's good for jumping on the protein wagon and cardio a little late in the game. b happy and stay focused. Tony - said in a text months earlier "your the toughest *amn trainer I know. thanks coach.

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](#)

1) You Fall

Your fall off the wagon could take place in a single moment, or it could be the result of a drawn out process. Oprah described her fall as one that happened slowly as a result of health problems. These health problems became her reason for not exercising.

Illness, vacation, holidays, changes at work or any other change in your schedule are all things that'll get you off the wagon. Once you're off the real damage begins.

2) You Surrender

There comes a point after you fall off the wagon that you simply throw your hands up in the air and give in. For Oprah this was a dramatic moment. "I started eating whatever I wanted - and that's never good. My drug of choice is food. I use food for the same reasons an addict uses drugs: to comfort, to soothe, to ease stress."

This is the most destructive part of the cycle. You remove all expectations from yourself and as a result you plummet into an unhealthy realm. The progress that you've made toward your goals is lost and even more weight is gained.

3) You Hit Bottom

Inevitably there comes the moment when you hit bottom. Your body shows the new weight gain and you feel awful about it. For Oprah it was a sobering moment. "I felt completely defeated. I thought, *I give up. I give up. Fat wins.*" She went so far as to say, "I felt like a fat cow. I wanted to disappear."

While hitting bottom is never a fun experience, it is a necessary one. The pain must become great enough for you to turn it around and take the control back.

4) You Take Control

Now comes the good part. When you hit bottom you were out of control, now you're ready to once again grab the reigns. Oprah says that "These days I've put myself back on my own priority list."

She plans to get an hour of exercise five or six days a week, as well as eating healthfully and reordering her life to include time to replenish her energy. Her new goal is to be strong and healthy and fit.

Have you fallen off your priority list, like Oprah fell off hers?

The time has come to put yourself back on that priority list. The time has come to decide that you *are* worth it.

I'm here to help you do just that. Call or email today to get started on an exercise program that will change your body and your life...just like Oprah.

Think Small

When you eat out, make it a habit to order the smallest portion available. We are programmed to eat whatever is in front of us, even though we'd feel just as full on less. And since portions have grown in recent years, the smallest size isn't very small at all.

Healthy Chicken Fajitas



This recipe is a wonderful option for a weekday dinner – it's healthy, delicious and ready in 20 minutes. Serve with low fat toppings like salsa, chopped tomatoes, fat free sour cream or hot sauce.

Yield: 4 servings

Here's what you need...

- 1 teaspoon Chile powder
 - 1 teaspoon salt
 - 1/2 teaspoon ground cumin
 - 1/2 teaspoon garlic powder
 - 1/2 teaspoon onion powder
 - 1 tablespoon cornstarch
 - 1/4 cup water
 - 4 uncooked chicken breasts (4oz each)
 - 1/2 green bell pepper, sliced into thin strips
 - 1/2 red bell pepper, sliced into thin strips
 - 1 medium onion, sliced
 - 1 tablespoon olive oil
 - 2 tablespoons lime juice
 - Lime wedges for serving
1. In a re-sealable bag, combine Chile powder, salt, cumin, garlic powder, onion powder, cornstarch, and water. Add chicken, bell peppers, and onion; gently knead to coat. Refrigerate for 15 minutes
 2. Heat the oil in a skillet, empty the contents of the bag into the skillet and cook over high heat. Stir occasionally and cook until the vegetables are tender crisp and the chicken is cooked through, about 7

3.

minutes. Remove from heat and stir in lime juice

4. Transfer to serving dish and enjoy with lime wedges.

Nutritional Analysis: One serving equals: 160 calories, 5g fat, 5g carbohydrate, 1g fiber, and 24g protein.

Motivate your friends, family and co-workers!
Use the "refer a friend" link below to forward this newsletter and subscribe your friends.

[Forward This Newsletter - Refer a Friend](#)

Email: energymemphis@gmail.com

Phone: 901-523-2348

Web: www.EnergyMemphis.com