

Energy Fitness Newsletter

02/15/2010



Jersey Boys cast members visited Energy Fitness during their Memphis stay. Lisa gave them a great workout and ideas of exercises they could do with no or minimal equipment while on the road.

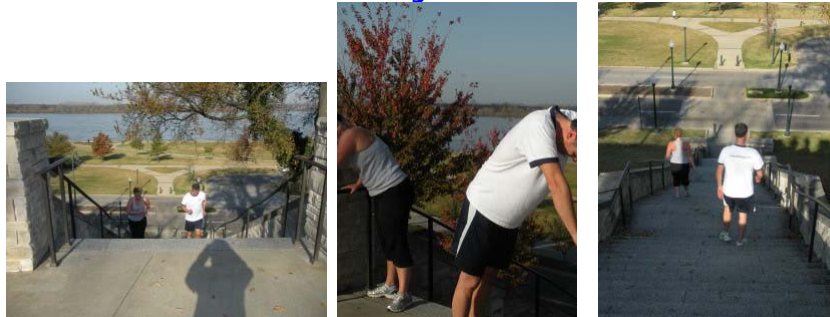
left: Joseph Siravo (role: Gyp DeCarlo), middle: Candi Boyd (role: Swing)

right: Energy Fitness trainer Lisa Sanchez



How much do you really want that weight off ?

SEE Amy & Howard WORK... SEE Amy & Howard REST... SEE Amy & Howard Go AGAIN!



Our clients Amy Good (Memphis Health and Fitness Magazine



Tonya

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[My Site](#)

Happy Clients

Happy to report that using my own Energize 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

I can finally button my top shirt collar button. Yeah!!

Brad Ziemba

Want a Free 45 min. Consultation?

<http://www.energymemphis.com/complimentary.html>

Check Out these Links:

[How to lose those stubborn pounds &](#)

owner) and Howard Hayden (local attorney) taken to the river stairs on the bluff of the mississippi to get some cardio sprints in.

If you can't make yourself do the same then call or e-mail us and start getting results from your workouts?

It's already 8 weeks into the new year. It's time to crank up that fitness routine.

5 Stupid Things Healthy People Do

You are not a stupid person. Not by any means.

In fact, it's my guess that you're healthier than most.

You probably exercise regularly. You watch what you eat. You keep up-to-date on the latest health concerns. You don't binge on sugar.

And you never - ever - eat fast food. Well, almost never.

But you do have a few unhealthy skeletons in your closet -ones that you probably aren't even aware of.

The following 5 Stupid Things are frequently committed by health conscious people. Once you break these bad habits, you'll find that achieving your weight loss goals just became a whole lot easier.

1. You're Dehydrated

- It has been said that 75 percent of the population is chronically dehydrated. Would you disagree? When was the last time that you actually drank 8 glasses of water in a day?
- Dehydration occurs when more fluid leaves your body than is taken in. Symptoms include: fatigue, irritability, headaches, nausea, rapid heart rate, and, in extreme cases, even death.
- Dehydration also slows your metabolism, which hinders weight loss.

You shouldn't wait until the feeling of thirst or dry mouth hits you, at that point damage has already been done. Instead, constantly rehydrate throughout your day to avoid dehydration.

The best way to do this is to incorporate water into your daily schedule. Have a water bottle at your desk and train yourself to sip on it often, and get into the habit of drinking a full glass of water with each meal and snack.

2. You Eat Out Too Often

- Research suggests that most people eat out one out of every 4 meals and snacks. That's an average of once a day.
- Restaurant food is designed to do one thing: to taste good. In order to increase eating pleasure, each item is loaded with fat, salt and sugar. This causes you to eat way more calories than you actually

[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)

need.

- Even when you order 'healthy' items, you're still taking in more calories and fat grams than you would if you had prepared the item at home. Imagine the last salad you ordered out. Didn't it come with cream dressing, croutons, cheese sprinkles and a piece of butter laden bread on the side?

The main reason people eat out is for convenience, so with a little organization you'll find that preparing your own meals takes less time than you thought it would. On the weekend sit down and plan out your meals for the week. Then go to the grocery store and stock up on everything you'll need for those meals.

Pack your lunch and snacks each night before bed, then grab it on your way out the door in the morning. When you prepare dinner at home, make enough for at least the next day as well. Your efforts will pay off both in terms of weight loss and in money saved.

3. You're Sleep Deprived

- In Gallup Poll surveys, 56% of the adult population reported that drowsiness is a problem in the daytime. That's more than half of us that clearly don't get enough sleep.
- Healthy adults require 7-8 hours of sleep each night. When you fail to meet this need your body goes into sleep debt, which continues to accumulate indefinitely until you catch up.
- A lack of sleep negatively affects your immune system, your nervous system, and interferes with healthy hormone release and cellular repairs.

The best way to combat sleep deprivation is to set a scheduled bedtime. Your body will benefit from a consistent sleeping and waking routine, and you're sure to get all the rest you need.

If you have trouble falling asleep once you're in bed, then try these two tips. First, make sure that you don't drink any caffeinated beverages after lunchtime. Second, don't eat for three hours before you go to bed. This helps eliminate sleeplessness due to indigestion, and will also turbo-charge your weight loss.

4. You're Stressed Out

- I don't have to tell you that we are living in a fast-paced world and that most of us have stress levels that are through the roof. But what you might not realize is that your stress levels are making you fat.
- Stress creates an increase in the hormone cortisol, and chronic stress creates a chronic increase in cortisol. This is a problem because it slows your metabolism, leads to cravings and is linked to greater levels of abdominal fat storage.
- The vicious cycle of stress and weight gain goes around and around. Stress causes you to eat emotionally, and your raised cortisol levels cause that food to be stored as fat.

One of the most effective ways to instantly eliminate stress is to sit down and write out a list of all the things that are bothering you. This should

include things that you need to get done, issues that weigh on your mind and anything you believe contributes to your stress level.

Once it's all down on paper, organize it like a to-do list and start resolving each item. Doing so will get the stress off of your mind and will put your body into the motion of resolving each issue.

5. You're on Exercise Autopilot

- You do the same thing each and every time you exercise. Same machines, same pace, same duration. While your routine sure feels comfortable, your results have long since halted.
- A plateau occurs when your body adapts to your routine and weight loss stops. It is incredibly frustrating, and totally avoidable.
- You don't have to increase the amount of time that you spend exercising in order to see quicker, faster results. It's all about challenging your body.

There are two simple ways to instantly increase the effectiveness of your exercise routine. First, increase your pace. Secondly, increase your intensity. Constantly vary your speed and intensity in order to keep your muscles guessing and adapting.

Another way to break through the exercise plateau is to do something totally new. If you regularly use weight machines then start using free weights. If you normally jog on the treadmill then start using the bike.

Are you ready to break the plateau as you take your routine to the next level?

Would you like to know without a shadow of a doubt that you are going to lose weight in the coming months?

It's my goal to see you achieve greatness. I believe that you've got what it takes.

It's so simple. Call or email today to get started on a program that will improve your health and well being, and will get you amazing results.

Instant Accountability

Do you have a weight loss goal that you're working toward? Post it on Facebook, and get instant accountability from friends and family. Be specific with your post. Include the exact amount that you aim to lose and the date that you'll lose it by. You may be surprised how encouraging and supportive your friends will be - it may be exactly the motivating boost that you need to achieve your goal.

Gourmet Open-Faced Salmon Sandwich

Open-faced sandwiches are great for cutting out extra calories while trying to lose weight. This recipe calls for sprouted grain bread, which is



flourless bread that is densely packed with nutrients. Store your sprouted grain bread in the freezer, since it is made without preservatives or chemicals to promote shelf life. **Yield: 2 servings**



Here's what you need:

- 1 sprouted grain bun
- 2 Tablespoons hummus
- 1/2 cup arugula
- Half of an avocado, peeled, pitted and sliced
- 6 oz smoked salmon
- 2 thin slices of onion
- 4 slices of heirloom tomato
- Salt and pepper to taste

1. Spread each piece of the bun with 1 Tablespoon of hummus. Top each with half the arugula, avocado, salmon, onions, and tomato.
2. Season with freshly ground sea salt and pepper.

Nutritional Analysis: One serving equals: 267 calories, 9g fat, 25g carbohydrate, 6g fiber, and 22g protein.

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