

Our Event "How to Make 2009 Your Healthiest and Best Year Ever" was a great success! All the speakers were very informative (we're giving you a last look at them to the right.) Thank you to everyone who participated in and attended the event.

This Monday is our First CityFit Class!

Fat Blaster Stimulus Package-Only \$10 per class when you register for 8! Visit www.CityFitMemphis.com for details. Pass the word along to anyone you know interested in this affordable and results driven group class.

The Blame Game

Whose fault is it that you're out of shape?

If you go by what you hear in diet ads then you believe that it's anyone's fault but yours.

The big diet companies think that if they put the blame on you, then you wouldn't buy their bogus pills. So they put the blame on your cortisol levels, your modern diet (ie fast food), or your busy schedule instead of where it belongs - which is squarely on your shoulders.

Sure, you have obstacles that get in your way - your schedule, your job, your kids, the weather, your knee injury from college...but ultimately you have the body that you accept.

I'm going to repeat that so it will really sink in.

You have the body that you accept.

Embracing the blame for your current weight is not a bad thing -

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Things said last week during sessions...

Ellen Whittington, Teacher "Tonya, you would be so proud. I worked so hard, I even had a mini-throw up in my mouth."

Ellen Whittington

Congrats to Chris and Katee Forbis! Chris lost 10 lbs. and 7.5% body fat, and Katee lost 7 lbs. and 10% body fat in only 15 weeks! Keep up the hard work!

Chris and Katee Forbis

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](#)

it's empowering. Think about it. If it really wasn't your fault, if it really was due to a long list of variables that you have zero control over, then you'd be stuck. You'd have no way to change.

The Secret Behind 'Before and After' Pictures

Allow me to pull back the curtain for you on something that the diet industry doesn't want you to know. You've seen countless before and after pictures documenting weight loss as a result of a diet product. Well, there is more involved than just the diet product, and it's the same across the board.

Look into the eyes of any person in their before picture and you'll see that they are disturbed. The body they have is no longer in sync with the body they can accept.

They changed the body that they accept.

Now look into their eyes in the after picture - see the sweet satisfaction? They now own the body that they decided they could accept. And what a great feeling that is.

Your Time To Transform

Whether you realize it or not, you already possess everything you need to transform your body, but it all starts with taking responsibility for the body that you have today. You have your current body because until this moment you've been OK with it.

Oh sure, you aren't thrilled with it, and you even talk about losing weight and getting fit, but you haven't changed what you'll accept. Here's how to transform your body in 3 steps:

Step One: Get Disturbed

You've heard it said that emotion creates motion. This is essential when it comes to losing weight. Just like those folks in the before pictures, to transform your body you must first decide that you can't live another day in the body you currently have.

It's time to get your emotions stirred up. Make a list of all the reasons that you must lose weight and get fit. Get disturbed!

Step Two: Get Focused

Without clarity it's very hard to get where you want to go. Now that you're disturbed with the body you have, it's time to decide what the body you can accept looks like.

I want you to think in concrete and specific terms. Just like the captions under those before and after pictures - "Suzy lost 25 lbs", "Mike lost 8 inches from his waist", "Jenny went from a size 18 to a size 6" .

Get a clear picture in your mind of what you'll look like in your after picture and visualize what the caption will read.

Step Three: Get Moving

The time spent between your inspiration (now) and your action determines whether you will succeed or fail. Don't allow yourself to get stuck between inspiration and action - there is always something that you can do right now.

Don't you agree that you'll be happier living life in a fit, healthy and attractive body, rather than the body you have today? Of course you'll be happier.

I've helped scores of clients just like you finally lose their unwanted weight.

I am here to take you from your before picture to your after picture, however, you need to bring something to the table - you need to make up your mind about what you'll accept of yourself.

What will you accept?

Got Stress?

Exercise is the number one thing that you can do to relieve daily stress. A good workout will get your mind off of your bills, your boss, and your endless responsibilities. It's been said that if exercise were a drug it would be the most powerful medication on earth!

Healthy Man's Steak



Eggplants offer a host of health benefits due to their many vitamins and minerals as well as important phytonutrients which provide antioxidant activity. When you select eggplants look for ones that are firm and heavy for their size - also avoid ones with discoloration or bruises. Serve your Healthy Man's Steak as a side to grilled chicken breast for a delicious and well balanced meal.

Yield: 6 servings

Here's what you need...

- 2 eggplants, cut into 3/4 inch thick slices

- Salt
 - 1 Tbsp. olive oil
 - 1 Tbsp. balsamic vinegar
 - 1 Tbsp. chopped fresh parsley
 - 1 tsp. dried oregano
 - 1 small clove garlic, minced
 - Freshly ground pepper
1. Sprinkle the sliced eggplant with salt and drain in a colander for about 30 minutes.
 2. Preheat the oven to 450 degrees. Coat a baking sheet with nonstick cooking spray.
 3. Rinse the eggplant with cold water and pat dry. Arrange in a single layer on the baking sheet. Bake for 20 minutes, turn the eggplant over and bake for 5 more minutes, until golden brown.
 4. Stir together oil, vinegar, parsley, oregano and garlic in small bowl. Season the eggplant with pepper and brush tops with the oil mixture.

Nutritional Analysis: One serving equals: 52 calories, 3g fat, 6g carbohydrate, 4g fiber, and 1g protein.

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