

Energy Fitness Newsletter

03/01/2010



Get Your Body Back in Time For Spring Break.

Go to our blog to see a [special pricing package available for a limited time only](#). www.EnergyMemphis.com (click on the blog button)

Getting Past Mental Roadblocks

As the second month of 2010 comes to a close, where do you stand with your resolutions?

Have you made progress or did your motivation sizzle out?

Most people wait around for motivation to strike them like a lightning bolt. Well, I've got news: motivation isn't something that happens to you - it's something that you create for yourself.

If you don't feel motivated to achieve your goals, it is likely due to mental roadblocks that hold you hostage. Read the following 21 Mindset Tips and prepare your mind for success.

1. Success comes first in the mind, so visualize yourself accomplishing your goals.
2. Remember, you are the only person who can hold you back.
3. Forgive yourself and love yourself despite past failures.
4. Decide what is important in your life, and focus on that.
5. Conquer each negative thought the moment it enters your mind, when it is weakest.
6. Give up the idea that things won't go right unless you worry about them.
7. If you bring the body of your dreams to the point of resolve, then you'll soon be living in it.
8. Look towards your future, if you believe the best is yet to come then it will be.
9. You become what you think about most.
10. The margin between success and failure is very small and easily bridged by determination.
11. Start your day by accomplishing your hardest task first.



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Happy Clients

Happy to report that using my own Energy 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 &](#)

12. Set small attainable goals, rather than one monumental goal.
13. Convince yourself that exercise is fun, and it will be.
14. Know your big reason why.
15. Create a motivating play list of songs to use as the sound track to your workout sessions.
16. Every decision you make leads you either closer toward achieving your goal, or farther from it.
17. If you think you're a fat person, then you'll stay fat. If you think you're fit, then you soon will be.
18. Once you've set your goal, your attitude either pushes you toward accomplishment or failure.
19. If you don't know exactly where you want to go, you will likely end up someplace else.
20. You can have the body of your dreams, but first you must give up the belief that you can't.
21. You can only have two things in life: excuses or results.

If you're sick and tired of making excuses, then contact me today to get started on a results-driven fitness program.

Creature of Habit

What do you do every night before getting into bed? You brush your teeth. It doesn't take much thought since it is such an ingrained habit. Imagine if exercise was as much of an ingrained habit as brushing your teeth. You would quickly achieve your weight loss goal and improve your health.

Here's how to make exercise a habit: 1) Exercise at the same time each day; 2) Put it on your schedule as a must - not a maybe; 3) Log your workouts in a journal; and 4) The ultimate way to create the habit of exercise is to join one of my programs - talk about guaranteeing your success!

Quick Chicken and Veggie Bowl

This recipe serves up a refreshing new twist on chicken. Delicious veggies and chunks of tender chicken are coated in a savory sauce, and served over wild rice. It works great as a weekday meal, since it only takes about 20 minutes to make.

Servings: 6



Here's what you need...

- 2 cups wild rice, cooked
- 1 Tablespoon sesame oil
- 1 sweet potato, halved and thinly sliced
- 1/2 cup red onion, thinly sliced
- 1 cup mushroom, sliced
- 1 Tablespoon ginger root, minced
- 3 cloves garlic, minced
- 2 Tablespoons mirin (rice cooking wine)

[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)

- 2 Tablespoons soy sauce
- 1 Tablespoon toasted sesame oil
- 1 teaspoon corn starch
- 1/2 teaspoon crushed red pepper
- 2 cups green beans, chopped
- 4 cups chicken breast, cooked and cubed

1. In a large saucepan place the sesame oil over medium heat. Add the sweet potato, onion, mushroom, ginger and garlic. Sauté for 5 minutes.
2. In a small bowl combine the mirin, soy sauce, toasted sesame oil, cornstarch and red pepper. Set aside.
3. Add the green beans and chicken into the pan and continue to cook for 2 minutes. Pour the soy sauce mixture in and mix until fully incorporated. Cook for another 3 minutes.
4. Serve over wild rice.

Nutritional Analysis: One serving equals: 299 calories, 8g fat, 23g carbohydrate, 2g fiber, and 33g protein.

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