

We are so sad that Mary, my administrative assistant has moved to Chicago. Her last day at Energy Fitness was Friday. Thanks Mary for all your hard work and we will miss you dearly.

HELP!!!! If anyone knows someone interested in 10-15 hours a week as an administrative assistant have them check out www.MemphisFitnessJobs.com for a job description and directions on how to apply. I will be interviewing for the next month in hopes of finding just the right fit (pun not intended).

Update: Our City Fit - Fat Blasting Classes are going great. It's only been 4 weeks and my clients tell me they are already noticing changes in their body and feeling stronger. Classes are Mondays and Thursdays 6:30 p.m. and only last 30-40 minutes. What a value for only \$10 per class when you purchase 8. For more details check out www.CityFitMemphis.com

Artists featured this month in front room (visible from our main street windows) are:

Abbie Lange featured intern artist next door at D'edge www.d-edgeart.com art and student from Memphis College of Art majoring in painting.

Pamela Gamela, photographer. Pam is a local award winning photographer known mostly for her landscapes. She received a BFA in photography from the University of Memphis and has shown all over the United States and as far away as Venezuela. Pam also does freelance commercial work and her local clients have included the Orpheum Theater and the Memphis Zoo. Her prints are included in the private collections of artists and politicians alike. The current collection of color prints explore her relationship to the landscape in a very subjective and emotional way. <http://www.littletreephotography.com/>

Your Most Neglected Body Part

I can't figure out why, but people universally neglect to train their legs. It's a funny thing, since proper leg training will dramatically deliver total body results.

Walk into any gym and you'll see the bench press taken, the dumbbells being curled-and an empty squat rack in the corner.

Leg exercises are tough, I won't deny that, but the benefits are more than worth the exertion.

A Case for Your Legs

Your legs are a major muscle group, so it's no surprise that training them will get you big time results. Training your legs will...

1. **Melt fat from your body.** As I mentioned above, leg exercises are tough. Your legs are a large part of your body, so each exercise literally moves your whole body. This is precisely why a good leg workout will fire up your metabolism to melt fat away. You'll burn more calories while exercising your legs than any other body part.

Due to the intense nature of a leg workout, your metabolism becomes elevated for more than 24 hours. That means that for an entire day your body continues to burn extra calories without any extra effort on your part. Who wouldn't love that?

2. **Build strength for everyday life.** How often do you use your legs? Most of us depend on our legs constantly throughout the day-so wouldn't it make sense to strengthen our individual mode of transportation? Kind of like putting a super charger on the engine of your car.

Exercising your legs isn't only about increased strength; you'll also improve your coordination and balance. This means that you'll be able to do and experience things that you otherwise would have missed. You only live once, right?

3. **Uncover natural muscle shape.** Let's be honest, toned legs are attractive. I'm not saying that you're legs will bulge with muscles (unless we trained you for that), but I am saying that consistently training your legs will uncover your natural toned shape.

Many of my clients discover a whole new level of confidence after getting their legs back into shape. Women especially enjoy the freedom to wear shorts or a skirt without feeling embarrassed to show their legs. Wouldn't you love that freedom?

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Snippets of success /funny stories this month.

"I had my shirt off the other day at home and my wife commented that she could already see some muscle tone. (That's after only 3 weeks! and he is getting tremendous relief from chronic back pain). He also said "I have been bragging about you and I think I have you another client." (Our Energize Method Works and Clay is proof of how fast it does work.)

Clay Thompson, Memphis

This is funny! (this was said during a personal training session from one client to another) "Hearing you make that noise from that position is just NOT RIGHT!!!! The workout partner (name withheld for obvious reasons) replied "I Know, I Know, but it's hard."

Ana Barton, Memphis

Check Out these Links:

[Juice Plus: Energy Fitness' Favorite Vitamin! \(the next best thing to fruit & veggies\)](#)

[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 \(triathlon training group\)](#)

Oh, and I should tell you that as you strengthen your legs you'll also reduce the risk of injury to your lower back because you'll actually learn to pick things up off the ground the right way.

Best Leg Exercises

Now that I've convinced you to pay more attention to your legs, here are three of the top exercises you should do (research proven - they stuck electrodes on participants to test them). Each of these exercises have dozens of different variations, so have fun and always keep your workouts fresh and challenging.

1. **The Squat (1 legged squat pictured below):** Start with your feet shoulder width apart, lift one leg off the ground and as you hold onto something sturdy lower yourself to a 45 to 90 degree angle. Exhale as you push through your heel and squeeze your butt as push back up into the standing position. Be sure to keep your knee from going past your toe.



2. **The Lunge (stationary lunge pictured below):** Start with your feet apart as pictured, bend your knees down into a lunge position. Exhale as you press yourself back up to a standing position, repeat repetitions of this movement anywhere between 6 reps and 100 reps depending on your goals and program design.



3. **Buttkicks (pictured below):** Get on your hands and knees as pictured below. Lift one leg off the ground as you are keeping it at a 90 degree angle. Press heel in an up and down motion as you are tightening your butt. Too easy? Try it while extending the bottom leg into a calf stretch. Exhale on the up motion.



By no stretch of the imagination are these three the ONLY leg exercises out available. And that's the other great thing about training your legs... you have tons of options and variations.

Want to know more about leg exercises and which ones are the best for you? Are you finally ready to get into the best shape of your life? Let me help.

Reply to this email or call me at the number above and we'll schedule a consultation where you and I can assess your goals and I can show you the fastest and safest way to reach them.

Want Antioxidants? Go Blue

Blueberries are being called a "super food" by many nutritionists. Recent research has shown that blueberries are the fruit with the highest antioxidant activity. They have even been shown to improve memory and coordination and to slow the development of degenerative diseases.

Snack on fresh or dried blueberries instead of processed sweets – not only are they healthier, you'll also lose weight.

Protein Ice-Cream (banana/cinnamon/vanilla)

Use this recipe when you get a sweet tooth craving but don't want to

wreck your diet.

It's easy to make, tastes delicious and is high in protein and low in fat. You need a blender with sharp enough blades to cut ice. It won't spike your blood sugar like many other desserts you probably consume.

Yield: 1 serving



Here's what you need...

- 1 scoop (2 tablespoons) of whey protein powder without all the "extra stuff that's not good for you" The one pictured above is one that I have specially formulated for Energy Fitness and only has 2 grams of sugar per scoop.
- 1/2 to 1 cup of milk or vanilla soymilk
- 1 medium banana - frozen or fresh (7 to 8 inches)
- 1 teaspoon of ground cinnamon
- 10 cubes or so of ice

Put all ingredients into the blender and blend until desired consistency of soft ice-cream combine. Increase the heat to high and bring the mixture just to a boil. Reduce the heat to low, cover and cook at a low simmer until the lentils are tender, about 40 minutes.

Nutritional Analysis: One serving equals about 325, 5g fat, 47 g carbohydrate, and 23 g protein.

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