

Energy Fitness Newsletter

04/15/2010



Okay, check this out. I already have Oliver (my 13 week old) lifting weights. This was taken 2 weeks ago so he already needs a bigger dumbbell.



rolls!

look at those cute fat

[Do You Need To Lose Your Not So Cute Fat Rolls?](#)

Call me today before you get more..901.523.2348

Don't forget we now have Beginner Indoor Rowing Classes by MidSouth Indoor Rowing. for schedule, pricing or more details check out: www.midsouthindoorrowing.com.

Are you lazy?

I know a lot of lazy people.



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[My Site](#)

Success Stories

Said while struggling during an abdominal exercise. "I can feel the fat just coming off"

Hank Cowles, 65 owner of The Corkscrew wine store

"Since October I have lost 1.5 inches in my wedding dress". Brandi has lost 10.5% bodyfat, 13 inches, & 23 lbs so far since Sept. of 09 using our Energize Method to get results. Congrats Brandi:)

Brandi Paul, 26

Want a Free 45 min. Consultation?

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

Check Out these Links:

[How to lose those stubborn pounds & other topics, Tonya's radio interviews from Womens Wisdom Network](#)

[OUR BLOG - very helpful nutrition](#)

People who would rather spend the day planted on their couch than anywhere else.

People who choose take-out over home cooked, every night of the week.

People who would rather have a root canal than go do a workout.

Sure, I know that we all have our occasional lazy day on the couch, but lately it seems that more and more people are turning laziness into a career.

What about you? Check if the following describe you:

- You are habitually inactive.
- You'd rather be a passive observer than an active participant.
- You're a master excuse-maker.
- You find shortcuts in order to avoid the long haul.

If that's you, don't get down on yourself. There are many legitimate causes of laziness. Here are just a few...

1. **Sleep Deprivation:** When you're short on sleep it's easy to become unmotivated, which quickly turns into laziness. Get a minimum of eight hours of sleep each night in order to maintain enough energy to get you through the day. Some experts even say that ten hours of sleep each night is what you need to function at your best.
2. **Caffeine Abuse:** Starting your day with a jolt of java may help with your initial alertness, but the dip in energy that takes place a few hours later could be the reason that you become lazy later in the day. Avoid the rush and crash of caffeine and instead rely on your steady supply of natural energy.
3. **Bad Habit:** At some point being lazy simply becomes a habit. If every night after work you head straight to the couch, it soon becomes automatic and not a conscious decision. Breaking the habit of laziness is actually quite easy. Simply take yourself off of autopilot and make the conscious decision to do something productive instead - like heading to the gym rather than the couch.
4. **Inactivity:** If your job keeps you in a chair for hours at a time, and you don't exercise when off the clock, then your body is just accustomed to inactivity. It's time to wake up your under-used muscles and to reacquaint yourself with the joy of motion. A simple way to get back into the swing of things is to go on a 30 to 60 minute walk either before work or after you return home. Once you've broken yourself in with consistent walks, contact me to get started on a fitness program that will quickly get your body back into great shape.

Laziness begins when you ignore that little nagging voice in your head. You know, the one that reminds you when you should take action on something rather than sit by and let the opportunity slip away.

Is today the day that you will kick laziness to the curb?

Is today the day that you will take action toward achieving your goals?

[and other info.](#)

[Train2Tri \(triathlon training group\)](#)

[Memphis Farmer's Market](#)

[Juice Plus](#)

[Fashion Academy](#)

[Midsouth Indoor Rowing at Energy Fitness](#)



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

Is today the day that you will listen to that little voice of reason?

Call or email today to schedule your first workout. You'll find my contact info in this newsletter.

Your Ideal You

Take a moment and imagine your 'ideal you'.

What does the 'ideal you' look like? How does the 'ideal you' spend their time? Who would the 'ideal you' spend time with? What would the 'ideal you' accomplish? The distance between you and your 'ideal you' is created by laziness.

When faced with decisions, big or small, do what your 'ideal you' would do, rather than taking the easy way out.

(I'm pretty sure that your 'ideal you' is a client of mine...:)

Guiltless Zucchini Pasta with Turkey

Here is a guiltless way to prepare spaghetti that the whole family will love. To create angel hair noodles out of zucchini you simply need a small kitchen gadget called a spiral slicer. This ingenious tool is well worth the small investment – with it you'll quickly and easily make delicious, fiber-filled noodles.



Yield: 4 servings

Here's what you need:

- 4 zucchini, ends trimmed and run through a spiral slicer
- 1 teaspoon olive oil
- 1/2 cup chopped onion
- 3 garlic cloves, minced
- 1 (20oz) package lean ground turkey
- 2 cups spaghetti sauce
- Salt and pepper to taste

1. Place the spiral-sliced zucchini in a large bowl and set aside.
2. In a medium sized skillet heat the oil. Add the onion and garlic and sauté until soft.
3. Add the turkey to the skillet and cook until fully browned. Add the spaghetti sauce and mix until fully incorporated. Remove from heat.
4. Mix the sauce with the zucchini noodles in the large bowl and serve.

Nutritional Analysis: One serving equals: 292 calories, 8g fat, 26g carbohydrate, 5g fiber, and 27g protein.

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