



Have your clothes shrunk? Refuse to bigger sizes?

Click below to visit our website to register for your FREE consultation.

<http://www.EnergyMemphis.com/>

Fat Blast Classes are Mondays & Thursdays 6:30 p.m. (30 minutes). We don't have memberships, so all are welcome. This is a great value for only \$10 per class when you purchase 8. For complete details check out www.CityFitMemphis.com

What's Lifestyle Got To Do With It?

It happens to everyone. That moment when you realize that it's time to do something about your weight.

It may happen when you're looking in the mirror or standing on the scale.

Your first thought is to go on a 'diet' but as quickly as that enters your mind the ghosts of a hundred diets past return...along with all the frustration.

Then you wonder, why bother?

The weight will come back, as it always has. Then you'll be back in front of the mirror as discouraged as ever.

The answer is not to go on another diet.

The answer is to change your lifestyle.

You've heard this before, and it makes sense, right? So why haven't you done it?

Your Lifestyle Obstacles. Most people resist changing their lifestyle for two reasons.

1. Change is scary. Whether you realize it or not, your life is in a constant state of change. Though you cling to the familiar, it's a futile struggle. Change always wins.

The most consistent thing in life is change. Since you'll never escape it, you might as well channel it. It's time to make the change in your life purposeful and positive.

2. Lifestyle misconception. How many times have you heard the term 'healthy lifestyle' only to picture a health nut with celery sticks in one hand and tofu in the other? The truth is that most people think that changing their lifestyle will be an extreme and unpleasant experience - and that's not true.

Improving your lifestyle does not mean swearing off chocolate or living in the gym. You don't have to eat wheat germ for lunch and you can still enjoy a nice plate of pasta. The key is moderation.

Making the Change. It's time to lose your 'all or nothing' mentality. Embrace simple, small changes that will add up to big improvements in your lifestyle. These are your main venues for change:

- **What You Eat.** Let's face it, most of the foods you eat aren't the healthiest. Some are downright terrible (the burger and fries you had last week). While others are simply excessive (the snacks you eat while watching TV).

The solution to cleaning up your daily diet is NOT to go back on a 'diet'. In fact, I never want you to go on a 'diet' again. (Yes, you

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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:

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

[Memphis Farmer's Market](#)



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

heard me right!) Instead I want you to make permanent healthy changes to your eating habits.

Here are some practical examples:

- Choose salad over chips or fries
- Don't add butter to your food
- Eat fresh produce with every meal
- Purchase fat free dairy products
- Limit desserts to one or two per week
- Cut out mindless snacking
- Drink water, not soda

I don't expect you to eat a perfect diet every day of the week - that'd be ludicrous. You should, however, make MORE healthy choices every day than unhealthy ones.

- **What You Do.** Exercise is a huge component to a healthy lifestyle, and quite frankly you're not getting enough of it. How often does an entire week go by without you ever lacing up your tennis shoes? Don't disregard the importance and power of a good workout.

Your new healthy lifestyle means exercising on most days of the week. This may seem tough, but I have the perfect solution - my training programs were created for busy people just like you who only have so much time to dedicate to exercise.

I understand how hard it is to find the motivation to stay consistent and to push yourself. Make exercise a no-brainer - contact me to get started on a lifestyle enhancing program today.

Here are simple ways to move more:

- Watch less TV
- Stretch stiff muscles every day
- Play at the park with the kids
- Go for a jog
- Do some pushups every morning

While none of the above are meant as substitutes for a solid exercise routine, they are great ways to become more active and to improve your lifestyle.

Your lifestyle is the balance of all the choices that you make regarding your body. Swing the balance in your favor - make a majority of your choices health conscious.

So the next time you're in front of the mirror you won't worry about your weight.

You'll relish it.

The Liquid Calorie Ban

Here's an easy way to live healthier: don't drink calories. Liquid calories are sneaky. You don't get that full feeling like with solid foods, but you're still taking in tons of calories. Avoid drinks like: regular sodas, smoothies, juices, sweet coffee drinks, hot chocolate, milk shakes, and alcoholic beverages. Drink plenty of water instead-you'll lose weight and feel great.

Sauteed Soybeans

What a delicious way to enjoy soy. Pre-shelled soybeans make this dish easy to prepare - it's ready in 10 minutes. Serve this as a healthy side dish or a light meal.

Yield: 3 serving

Here's what you need!:

- 1 tablespoon olive oil
- 1/4 cup chopped onion
- 3 garlic cloves, diced
- 1 1/2 cups shelled soybeans
- 1 teaspoon dried thyme
- 1/2 tablespoon soy sauce
- Dash of salt
- Dash of pepper

1. Heat saute pan over medium heat, add oil and onions. When onions begin to soften lower the heat, add the garlic and saute for two minutes.
2. Add soybeans and thyme, soy sauce, salt and pepper. Cook until



soybeans are fully heated. Serve warm.

Nutritional Analysis: One serving equals: 172 calories, 9g fat, 11g carbohydrate, 5g fiber, and 10g protein.

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