



Need one of our Guaranteed Results

customized meal plans?

Send us an e-mail that your interested and we will get the ball rolling for you. Cost only \$15 **Value:** *the ability to wear the clothes you want to wear not have to wear to cover up what your hiding under there.* energymemphis@gmail.com

I love this success story because it shows that the "Energize Method" we use works and here is the proof.

(fyi: this client was on our waiting list for 2 weeks so came in and did supervised cardio sprints until we had a timeslot available for her and her friend, she also did at least 2 other sprint cardio days as well)

Jocelyn Agnellini signed up for a 2 week trial program to see if our style of personal training would work for her. She followed the On the Go meal plan customized for her, did the cardio express, and our customized group training sessions for 2 weeks.

Jocelyn's results after only one month: she lost 5.3 % bodyfat and 1 pound. She feels better and is optimistic that she will continue to get great results by being consistant and persistant. This proves that you don't have to do hours of cardio and weights or starve yourself. Workout smarter and more intense NOT longer and easier.

Remember our 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

The Sweetest Scam of All Time

The correct answer to the following question will shock you.

Would you survive longer on a diet of just water OR on a diet of water and refined sugar?

The answer: You would survive longer on just water.

Sound impossible? Just ask the five sailors who were ship wrecked in 1793.

The ship was filled with sugar, thus giving the marooned five a diet of sugar and water. When they were finally picked up, nine days later, they were in a wasted condition due to starvation.

The story of the five sailors intrigued French physiologist Francois Magendie to conduct a series of experiments in which he fed dogs a diet of sugar. All of the dogs died.

Magendie proved that as a steady diet, refined sugar is worse than nothing.

How can sugar be worse than nothing? Plainly put, refined sugar is an anti-nutrient.

It starts out as sugar cane, and then goes through an extensive refining process that destroys all of the enzymes, fiber, vitamins and minerals. What you're left with are empty, naked calories.

The problem is that your body needs the enzymes, fiber, vitamins and minerals that were taken out in the refining process in order to metabolize sugar and use it as energy. So it takes those nutrients from

Refer a Friend - Click Here



Tonya

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[My Site](#)

Can you think of anyone that wants the same awesome results?

"Tonya I just have to tell you something that you will be so proud of. Remember I started at a size 8 one year ago? Well, I bought a size 0 pair of jeans the otherday. They are a little tight but they fit. I never thought ever in my life that I would see that size and feel great. Thanks to you and your hard work". (this is an actual client and we use her pictures in some of our marketing, any trolley tour or consult and you will see her picture)
actual client, name withheld at request of client

"I asked my friend to make a wheat free / gluten free meal and she did great. It was tasty. Remember I had guilt about asking other people to go out of their way to accomodate my food requests but I felt great the next day and she didn't seem to mind helping me stick to my "diet" (a healthy way of eating)."
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)

your own body.

So while you are enjoying that chocolate bar, sugar is draining vital nutrients from your body. Like a sweet parasite.

And it doesn't end there...

- Sugar creates false hunger (as a result of the insulin rush and then ensuing plummet in your blood sugar levels), which makes you overeat. This means a constant struggle with your weight in which you never seem to achieve your ideal size.
- Sugar promotes aging (due to the advanced glycation end products, or AGEs, that occur when insulin levels are consistently elevated as a result of eating too much sugar). Sugar has even been dubbed the negative fountain of youth.
- Sugar weakens your bones - making you vulnerable for osteoporosis, and weakens your teeth - making you vulnerable for cavities (both due to the calcium being pulled from your bones and teeth in order for your body to process sugar).
- Sugar in excess is stored as fat (after your liver has no more room to store it, sugar is converted to fat and deposited on your belly, thighs, hips and the backs of your arms).
- Sugar can impair brain functioning (as a result of depleted B-vitamin production).

If you're still not convinced of the danger of sugar here are more ailments linked to its overconsumption: varicose veins, constipation, hormonal imbalances, ADD and ADHD, increased emotional instability, depressed immune system, increased risk of cancer and degenerative diseases.

The average modern person consumes 46 teaspoons of sugar every day. That comes out to roughly 175 pounds of sugar each year.

And it's no wonder, since sugar industry is big business. They sneak sugar into any product that they can.

Go through the foods in your home and you'll see that sugar has been added to everything from ketchup and spaghetti sauce to crackers, oatmeal, peanut butter and even 'healthy' items like weight loss bars.

Where does this leave you?

You are in a unique position. Your personal judgment determines the foods that you eat and the foods that you avoid. It is my hope that you approach sugar with new eyes.

While all other foods offer you caloric energy PLUS some nutritional benefit, sugar doesn't. Sugar is simply caloric energy with a sweet habit forming taste, and a hoard of health risks.

Use your judgment wisely and limit your sugar consumption - you'll love the benefits of low sugar living.

And while you're at it contact me to start a training program that will turbo-charge your results.

(Oh and if you're ever in a ship wreck with only sugar and water at your disposal - just drink the water!)

The Many Names of Sugar

While you're checking out nutrition labels for sugar content be on the lookout for the following names that all describe refined sugar:

- Sucrose
- High fructose corn syrup
- Fructose
- Lactose
- Organic sugar
- Maltose
- Dextrose
- Glucose

Lentil Fruit Salad

This recipe is as refreshing as it is nutritious. Plump black lentils mixed with chunks of mango, strawberries, tomatoes and onions will tease your taste buds into submission. A splash of balsamic vinegar is the only flavoring that this colorful salads needs. Serve as a side dish or as a light meal.

Yield: 3 serving



Here's what you need...

- 1 cup black lentils, cooked

- 1 medium mango, cut into 1 inch cubes
- 1 medium tomato, chopped
- 6 medium strawberries, chopped
- 1 tablespoon red onion, finely chopped
- 1 tablespoon balsamic vinegar
- Salt and pepper to taste

1. Place the lentils in a medium bowl. Chop the fruit and onions, add to lentils.
2. Add balsamic vinegar to the lentils and fruit, mix until well combined.

Nutritional Analysis: One serving equals: 148 calories, 1g fat, 27g carbohydrate, 10 g fiber, and 9g protein.

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