

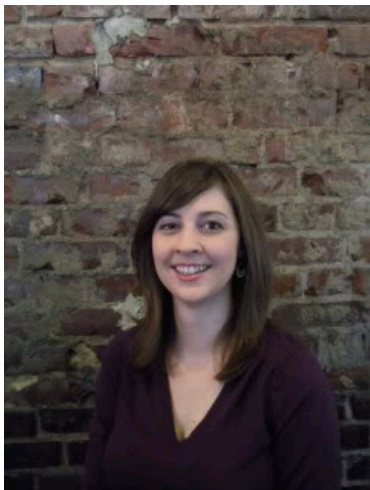


Who else wants to lose 3.3% bodyfat in only 23 days? (You can with our special offer in the right hand column of this newsletter)

Because testimonials are so powerful and people love them we have been gathering them more often than we did in the past.

Check out Jessica Tatum's video testimonial by clicking on the link below to see more proof of how Energy Fitness' "Energize Method" of training works.

http://www.youtube.com/watch?v=8jc2YTOJ_Gw



Jessica Tatum (pictured)

And the award goes to.....

Laura Reynolds for sticking with her personal training sessions and fitness routine the longest and closest to her first baby's due date. Friday, May 29th was her last session which was only 6 days prior to her due date. Way to go Laura for working so hard and letting Energy Fitness help you stay fit and only gain 13 pounds. wooooooo! In the next newsletter I will include a link to a video of her running on the treadmill on her last day and hope to include a picture of her and her new baby. (pictured below is Laura and me on her last official workout before maternity leave).



Refer a Friend - Click Here



Tonya

Title, M.S., ACSM

Energy Fitness

552 South Main

901-523-2348

[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

Get 4 sessions and a fitness assessment/nutrition consult free

What do I need to do? You must call 901.523.2348 and mention this special offer from this newsletter AND get on our schedule by Friday, June 12th for your first fitness assessment/nutrition consult session!

Details: Purchase our 36 session package (4.5 months worth of sessions) and you will get 4 training sessions and a fit. asses/nutrition consult FREE (value \$200). Your package includes all the components needed for success such as customized meal plans, supplements, dvd or our exclusive cardio express method, and new release of our "Your healthy body blueprint" exculsive booklet written by me, and much more.....

Check Out these Links:



WHAT ARE YOU SPENDING TEN BUCKS ON and does it make you happy long after the TEN BUCKS are gone?

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

Your New Favorite Thing

We all have a list of our favorite things. It may not be written down anywhere, but you know the things that make you happy.

The list holds your favorite foods, music, TV shows, movies and even people in your life that you can't get enough of. This is the stuff that you really enjoy. It's the stuff that makes your life worth living.

Somewhere on the list is your health and appearance. You know that looking and feeling great make a good life even better.

The interesting thing about your list is that without fail you'll always make time for it.

- When your TV show airs, you watch it or record it to watch later.
- When your favorite actor stars in a new movie, you do your part by going to the theatre.
- When you're hungry, you turn to your favorite foods.
- When the weekend rolls around, you do everything you can to spend time with the special people in your life.

Yet when it comes to exercise you automatically say, "I don't have time."

Time for TV, but no time for exercise... We live in an age where life is full. You don't have extra time anymore.

You no longer have time. You make time.

- You make time for your TV show.
- You make time for your hobby.
- You make time for your friends.

It's time to drop the charade of "I don't have time to exercise" and call it what it really is.

An excuse.

You know how to make time for your favorite things. You know you want good health. You know you want to look great. You know you want more energy.

Exercise delivers all those benefits - and more.

I believe that exercise belongs on your list of favorite things.

Make It A Favorite: How do you turn something that you've dreaded into something that you enjoy?

1. **Block the Negative:** Your thoughts play a big part in determining your favorite things. Block out any negative thoughts you may have about exercise. Focus your energy on creating a positive attitude that will get you excited about hitting the gym, rather than dreading it.
2. **Focus on the Benefits:** With exercise you have so much to gain and nothing to lose. Exercise makes you stronger, sexier, happier, and gives you more energy. Pick the benefit that moves you the most and fixate on it.
3. **Get Guidance:** The easiest way to put exercise on your list of favorite things is to experience it at its best. Get onboard with one of my personal training programs and I'll show you the most effective and enjoyable techniques that will get you into the best shape of your life.

Smaller is Better

Here's a quick and easy way to lose weight. For dinner tonight use a small plate instead of a full sized dinner plate. It sounds simple, but you will actually eat less off a small plate than you would a full sized plate. This is a great way to encourage smaller portion sizes without feeling like you are being deprived.

Energy Muffins

[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)

Finally, a great-tasting muffin recipe with no added sugar! Naturally sweetened with banana and blueberries, these muffins are as sweet as they are delicious. Enjoy one with a side of scrambled egg whites for a quick and nutritious breakfast. **Servings: 18**



Here's what you need...

- 1 cup mashed banana
 - 2 egg whites
 - 1/2 cup water
 - 1/3 cup refined coconut oil
 - 2 cups wheat flour
 - 1 teaspoon baking soda
 - 2 1/4 teaspoons baking powder
 - 1 cup frozen blueberries, left to thaw in a strainer
1. Preheat oven to 350 degrees. Prepare 18 standard-sized muffin cups with paper liners.
 2. In a large bowl, combine banana, egg whites, water and oil. Add the flour and mix. Gently fold in blueberries. Immediately spoon batter into muffin cups.
 3. Bake for about 20 minutes. Remove muffins from tins and cool on a wire rack.

Nutritional Analysis: One serving equals: 98 calories, 4g fat, 13g carbohydrate, 2g fiber, and 3g protein.

Motivate your friends, family and co-workers! Use the "refer a friend" link below to forward this newsletter and subscribe your friends.

[Forward This Newsletter - Refer a Friend](#)

Email: energymemphis@gmail.com
Phone: 901-523-2348
Web: <http://www.energymemphis.com/>

This email was sent by energymemphis@gmail.com

[To Unsubscribe click here](#)

Energy Fitness 552 South Main

Send Test Email:

Send Email

[Print Newsletter](#)