



Okay....I can't take it anymore!!!.....I'm full! full of hearing these words..."I'm FAT!"

It's okay the first time, but after that...come on! What are you doing about it? As a personal trainer, I've reached my limit this week with people that simply want to whine with no real intention or plan of doing something right now to change the way they look and feel!

Are you making these statements to get sympathy? **Bottom line:** We're TIRED of hearing you TALK about it-So let's begin DOING something about it!

Seriously, if you continue to shove those empty calories in your mouth, drinking sugar laden beverages and expect us all to feel sorry for you...get over it!! You are fooling only yourself!!

So how about it? I mean like NOW! So Tomorrow morning...will you wake up and have a brand new FOCUS on getting healthy with a plan to carry you through the day/week/month/year/lifetime? Or should we be printing T-Shirts for you that say. "I LIKE BEING FAT...Just so I have something to B***h About?"

START NOW - and by this time next week - You'll Look and Feel Better! Stop WHINING and start WINNING...The choice is yours!

**2 Week -
Custom Kickstart Program** using our
**exclusive "Energize Method" of getting you results
safe & fast:**

4 training sessions, 1 fitness consult/nutrition coaching session, 1 week long custom meal plan, Body blue print book and Cardio Express DVD only available at Energy Fitness, and

more... **Special Offer Price \$99** (VALUE: \$269) You must call by 7 p.m. on June 22nd to qualify for this special price.

NEED INSPIRATION TO GET OFF YOUR BUTT?

As promised her is the video of Laura Reynolds (our pregnant client running cardio sprints on a treadmill on a Friday and the next Wednesday she had her baby boy)

<http://s380.photobucket.com/albums/oo241/energymemphis/?action=view¤t=LauraReynoldsrunning6daysbeforeher1.flv>

** 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

It's Anyone's Game

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Just some comments and follow up we get from our clients.

(this e-mail was from Jessica- my client that lost 3.3% bodyfat in only 23 days, her video testimonial is on our website home page. we are always so excited to hear when clients are following through on their own.) "I'm back in Nashville and wanted to let you know that I'm still using my program. My husband is even trying to eat healthy with me. I did have a question about one of the exercises in my program though. It was the "wing down." I can't remember what that was. Can you remind me?"

Jessica Tatum, Nashville

Thank you, Tonya. The first thing I did when I got my wedding photos was look at my arms to see if they looked fat, because these pictures will be around for the family, forever. My arms didn't look bad. They looked good, and I thought to myself, "Thank you, Tonya!". I also wanted to thank you for my stamina from cardio, that let me dance all night at my bachelorette party. Working out lets me enjoy other parts of my life more. Thank you.
Rosemary Dixon, 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 &

When was the last time that you accomplished something huge?

That's an easy question for Helen Phillips.

Last month Helen wowed the world with her dramatic transformation on the NBC show *The Biggest Loser*. At 48 years of age she is the oldest contestant to win the weight loss competition, shedding 140 pounds and 54.7% of her body weight.

I'd call losing more than half of your body weight a huge accomplishment - wouldn't you?

The crazy part is that Helen was clearly the underdog. She was simply too old and too fat to win. At least that was what the other contestants thought.

And that's what Helen thought too.

"I never believed in myself in the beginning," she admits. However when a doctor told her that she was living in the body of a 60 year old woman, Helen got serious.

"I'm tired of doubting myself," she decided and something inside of her head clicked into place. "The minute I started doing that, things changed for me."

And, oh, how she changed.

Helen buckled down and made losing weight her only focus. Her hard work paid off, giving her the prized title of the Biggest Loser.

She accomplished something huge and now her life is vastly improved. "I feel so good! I feel like I can do anything," she told reporters with a huge smile.

Helen also had a message for you. "If I can do it, you can do it."

I have to agree with her.

If a 48 year old, 257 pound woman can transform her body from a size 22 to a size 2, then anyone really can do it. Think for a moment of that huge accomplishment that you haven't made. Maybe it's a weight loss goal that you've had for years. Maybe it's something completely unrelated to your weight.

What's holding you back?

Are you afraid you'll fail?

The fear of failure is a powerful thing. No one likes to fail, and repeat failure is even worse. So what can you do to conquer it?

- Realize that failure isn't the worst outcome. Not trying is.
- You only fail when you decide to give up. Get up and try again!

Are you afraid you'll succeed?

You may not realize it, but most people fear success. Success means change and change can be scary. It is important that you embrace the idea of success and ditch any negative self talk.

- Close your eyes and picture yourself accomplishing your goal. What will that accomplishment do for your life? List the benefits you'll enjoy.
- Spend a few minutes each day visualizing yourself accomplishing your goal. How great does it feel? Savor those victorious emotions and use them to drive your motivation.

Helen didn't believe in herself, until one day she decided that she was done doubting.

Are you done doubting?

When you're ready to transform your body, like Helen did, I'm here to help. Is NOW a good time? Call or email, and let's get started on a program that will really improve your life.

It's your turn to accomplish something huge.

Who Knew?

While being interviewed after her victory Helen revealed the secret behind her staggering weight loss. "Who knew diet and exercise really were the answer?" It always comes back to diet and exercise. When it comes to losing weight forget about the fad diets, the pills and the potions. Focus on your diet and focus on your exercise plan then you too will see amazing results.

Mango Marinated Tofu

It's mango season! If you've been hesitant to try tofu then this is the perfect recipe for you. The mango and ginger marinade gives the dish a sweet and tangy flavor that is hard to beat. Choose mangoes that are ripe, but not overripe. The fruit should give only slightly when squeezed. Serve with brown rice and fresh steamed broccoli.



Yield: 6 serving

Here's what you need...

Marinade:

- 2 teaspoons olive oil
- 3 cloves garlic
- 3 tablespoons chopped ginger
- 1/4 cup chopped yellow onion
- 2 large mangoes, chopped
- 1/4 pure maple syrup
- 1 cup vegetable broth
- 2 tablespoons red wine vinegar
- 1/4 cup lime juice
- 1 cup orange juice
- 1/4 teaspoon allspice
- Dash of pepper
- Dash of salt

Tofu:

- 2 pounds extra-firm tofu, drained and sliced
 - 1 mango sliced
 - 1 red bell pepper, cut into long slices
1. In a medium saucepan combine the oil, garlic, ginger and onion, saute over medium heat for about 5 minutes. Add the chopped mango and sauté for another 5 minutes.
 2. Add the maple syrup and vegetable broth, cover and simmer for 35 minutes. Uncover and simmer for another 5 minutes.
 3. Add the vinegar, lime juice, orange juice, allspice, pepper and salt. Allow the mixture to cool and then puree in blender until smooth.
 4. Place the sliced tofu and mango marinade in a sealable plastic bag or a plastic container with lid. Marinate in the fridge for one hour or overnight.
 5. Preheat the oven to 375 degrees. Place the marinated tofu in a single layer on a rimmed baking sheet, reserving half of the marinade. Bake for 20 minutes.
 6. Flip over the tofu. Coat the remaining mango slices and pepper slices in marinade and add to pan. Bake for an additional 15 minutes.
 7. Serve with brown rice and steamed broccoli.

Nutritional Analysis: One serving equals: 219 calories, 1g fat, 7g carbohydrate, 4 g fiber, and 9g protein.

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