



Client confession: Last Thursday one of my clients confessed something about his eating habits that I just loved. He was being so honest. It was refreshing. We were discussing his eating habits and where he could make changes to progress towards his goal even faster. (fyi: he has lost 20 lbs since Feb.) He said "Tonya, you get this size by eating all you want whenever you want it". I told him that I wish all my clients who struggle with their eating choices would be that honest. It is the first step toward accepting that you are the one ultimately responsible for following through on your "diet".

****FOOD FOR THOUGHT****

People hire personal trainers for many reasons. Two of the most common reasons I hear are *knowledge and accountability*.

Click on the link below to see a video testimonial of 2 friends (Clay Thompson & Nick Dalesandro) that chose Energy Fitness to help them get rid of some back pain and lose some pounds.

<http://www.youtube.com/watch?v=-ObRfaQ2gbo>

We're not just personal training. We include the following in every package... fitness assessments, customized exercise programs, customized meal plans, accountability food journal and cardio tracking sheets, exclusive cardio express dvd & healthy body blue print book. With our packages of 36 sessions or more we also include a months supply of Juice Plus vitamins and our custom formulated protein shake.

** 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

5 Beach Body Myths (and 3 Steps to Look Amazing)

There's a good chance that you'll find yourself in a bathing suit sometime this month.

If you are like most people then that realization will 1) bring a grimace to your face and 2) will motivate you to lose some weight.

While I commend your desire to slim down before baring it all, I'm here to warn you of the 5 myths that most people fall for. Don't waste your time on these:

Myth #1: Starve the pounds away.

Attempting to lose weight by starving yourself is not only ineffective, it's also dangerous. It may seem that severe calorie

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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

Want a Free 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 and other info.](#)

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

[Memphis Farmer's Market](#)



restriction to deliver the quickest weight loss, but your body is complex and by doing so you'll disrupt your metabolism and slow your results.

Tip: Don't starve yourself - instead eat healthy small meals throughout the day.

Myth #2: Take diet pills to boost your effort.

It's so tempting! The commercials make compelling claims about the power of diet pills, but don't fall for it. The 'magic pill' has yet to be discovered (it has been discovered - exercise. It's just not in pill form...). Diet pills are more likely to damage your health and burn your pocketbook than to slim you down.

Tip: Don't pop a pill - instead burn calories with exercise.

Myth #3: Do extra crunches to flatten your abs.

We all want our midsection to look toned as we stroll down the beach, but excessive crunches aren't the answer for tight abs. In order to achieve a lean look you'll have to focus on burning off the layer of fat that is covering up your abs.

Tip: Don't obsess about crunches - instead focus on fat burning.

Myth #4: Eat packaged diet foods for speedy results.

It is amazing to see the kinds of foods that are packaged as 'diet' or 'weight loss' aids. More often than not these products are packed with refined sugar and other artificial ingredients that your body doesn't need.

Tip: Don't eat packaged diet foods - instead stick with nutritious whole foods.

Myth #5: Avoid all carbohydrates in order to slim down.

Carbohydrates have been given a bad rap, which is unfortunate because you can (and should) eat carbs while losing weight. The key is to stick with whole grains, oatmeal and brown rice while avoiding processed and refined flours and sugars.

Tip: Don't swear off all carbohydrates - instead stick with wholesome carbs.

Now that you know what not to do in order to look great this summer, it's time to go over your beach ready game plan. Here's what you need to know in 3 simple steps:

- **Step One: Cut out the junk.**

The best way to do this is to start by purging your kitchen. Get rid of sugary, processed and fat-filled foods. Once the junk has been cleared out don't buy any more of it. Remember that your beach ready abs depend on what you eat - don't eat junk!

- **Step Two: Focus on whole foods.**

Replace the junk food in your life with plenty of the following: cooked and raw vegetables, fresh fruits, whole grains, moderate amounts of seeds and nuts, lean meats and low fat dairy. Clean eating really is that simple.

- **Step Three: Come train with me.**

This is the most obvious step. You're ready to get into great shape and I'm in a unique position to make that happen for you. Call or reply to this email to get started on an exercise plan that will make you look great on the beach, and all year round.

It's Grill Time

Looking for something delicious to grill that won't derail your weight loss goals? Look no further than the produce section. Onions, bell peppers, eggplant, carrots, asparagus and zucchini are all great options to throw on the grill – and they can all be eaten guilt free.

Mediterranean Lettuce Wrap

This wrap is savory and refreshing, and is the perfect meal to get you beach ready. I recommend roasting your



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own bell pepper, since most store bought roasted bell peppers are packaged in oil. To do so simply throw it on the grill until soft and then peel the skin after it cools.

Servings: 1



Here's what you need...

- 1 large leaf of lettuce
 - 2 slices lean turkey
 - 1 roasted red bell pepper, cut into 4 segments
 - 2 tablespoons garlic hummus
 - 1 tablespoon olive tapenade
1. Lay the lettuce leaf flat and spread with 1 tablespoon of hummus. Place the turkey slices on the lettuce and spread with remaining hummus. Sprinkle the olive tapenade over the turkey and top with the roasted bell pepper.
 2. Wrap the lettuce, use a tooth pick to hold it together.

Nutritional Analysis: One serving equals: 170 calories, 6g fat, 15g carbohydrate, 5g fiber, and 15g protein.

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