



I need to give praise to all the clients that are working hard here at the studio and on your own. Sometimes (ok - all the time I am really hard on you and always want more, just like you want more weight loss and more muscle tone). So here it goes.... **Great Job!**
Keep at it... your goals are in sight.

Are you sweating it out yet? It's hot out there and be sure to drink at least 4 ounces for every 15 minutes of exercise. Did you know that room temperature water absorbs faster in your body? So try to back off the ice sometimes.

for \$10 / class personal training classes check out www.CityFitMemphis.com

3 Steps to Overcome Overeating

Let's face it, the extra pounds you're carrying around are due to overeating - plain and simple.

Why do you overeat? Here are a few likely reasons:

1. Habit: Whether you realize it or not, you eat in a learned pattern, rather than out of need. You clean your plate because that's what your mother taught. You eat what is served without stopping to check if you are full. You butter two pieces of toast for breakfast rather than questioning if one piece would do the job.
2. Absentminded: You forget to pay attention when you eat. Mindless munching while watching a movie, snacking while driving, or picking at food while cooking - these absentminded calories really add up.
3. Something Deeper: Sometimes you use food for recreation or to change your mood. These calories may lend you a temporary sense of comfort or pleasure, but ultimately your body suffers from the indulgence.

Here are **3 Steps To Overcome Overeating** - read these, and apply them to your life.

Step #1: Pay Attention

Be aware of what and how much you eat. This simple concept will save you from hundreds upon hundreds of calories each week.

To apply this rule, don't eat while your attention is distracted by another activity. Only put food in your mouth when you are hungry and conscious of it. This means turn off the T.V., get out of your car, and no matter what you do, don't graze in the kitchen while cooking.

Step #2: Practice Balance

Be aware of the types of food that you eat during each meal, and make sure that it's balanced. When you eat a balanced diet filled with lean protein, whole grains, lots of veggies, a few daily servings of fruit and limited fat and sweets, your body will be satisfied and you'll lose the urge to overeat.

This means you shouldn't always eat carb-based meals, and you also shouldn't always eat high-fat meals. Make a mental checklist of the food groups that you've eaten each day. Did you eat lean protein? Did you have plenty of vegetables? Did

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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](#)



you refrain from eating more than one or two primarily carb-based meals? This mental checklist will save you from making food decisions that you'd later regret.

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

Step #3: Be Tuned In

Your body will always tell you when its hunger has been satisfied - you've just gotten so good at ignoring the signs that you barrel through your meal only to feel like you've been hit by a ton of bricks once all that food hits your stomach. It's time to take a deep breath and listen to your body.

An important part of being tuned in is to eat slowly. Once you start to pay attention you'll notice a point when each bite becomes less and less satisfying. That is your body's way of letting you know that you've had enough and that each continued bite is simply overkill (yes, even if you're only halfway through that plate of pasta).

By learning how to control your eating habits, you'll find weight loss to come simply and naturally.

Want to speed up your weight loss, make it permanent, and shape your body at the same time? I've got what it takes to get you there! No guess work, no fad diets, and no super long workouts.

Call or email today to learn more about my fitness and fat loss programs that will quickly change your life.

No More Clean Plates

You know that portions are now larger than ever. Do you really need to eat all of that food? Of course you don't. It is time to release yourself from the obligation to eat every morsel on your plate. Start by always leaving one or two bites. Soon you will find that you naturally stop eating when you're full – even if your plate isn't empty.

Rainbow Kebabs

These fresh fruit kebabs are simple to prepare and make a stunning display. It's perfect to bring to a barbeque or to enjoy as a healthy dessert. The fruit selections below aren't set in stone – use any fruit that is fresh and colorful.



Yield: 10 servings

Here's what you need...

- 10 wooden skewers
 - 10 strawberries
 - 10 bite-sized watermelon pieces
 - 10 bite-sized cantaloupe pieces
 - 10 bite-sized mango pieces
 - 10 bite-sized pineapple pieces
 - 10 bite-sized kiwi pieces
 - 10 blueberries
 - 10 blackberries
1. Put the chunks of fruit on each skewer in a rainbow pattern - red, orange, yellow, green, blue and purple.
 2. Place skewers on a platter and serve.

Nutritional Analysis: One serving equals: 60 calories, 0g fat, 15g carbohydrate, 3g fiber, and 1g protein.

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