



Our newest clients to Energy Fitness are quickly finding out how their former lifestyle of having eating poorly & not exercising caught up to them. The first week is a shock to their bodies so we just do one set of each exercise so they don't feel like they have been run over by a bus the next day. Many are out of breath and frustrated with allowing themselves to get out of shape, gain 30 or more pounds, and just not being accountable to anyone. Within a few short weeks most are able to jam through their customized program and see real progress in terms of weight loss and re-gained energy.

**Re-gain control of your body & get results fast and safe like so many of our happy clients.**

**Call us (901-523-2348) & get on our schedule by August 13th for a FREE Consult. For every client that signs up for a package of our customized group 36 sessions or more we will add 5 FREE sessions to your package. Not for you? Tell a friend or co-worker.**

for \$10 / class personal training classes check out [www.CityFitMemphis.com](http://www.CityFitMemphis.com)

### The Missing Link for Motivation

If you've ever wished that you were more motivated to experience life at your full potential then this is for you.

Most of us set goals and work hard only to find our motivation fizzle out after a couple of weeks. But there are little tricks that will help you harness the power of your mind and propel you toward achieving your goal.

### The Two Motivators

When you boil it down, you're motivated by two simple things:

1. To avoid pain (fear of failure)
2. To gain pleasure (promise of reward)

You are naturally geared toward one of these motivators. To figure out which, think of the last time you accomplished a task and then ask yourself the following: While doing the task were you thinking about what would happen if you failed to finish, or were you thinking about what you would gain when you finished?

Take note as to which motivator works for you - fear of failure, or promise of reward.

**Set Your Goal:** The first step towards unstoppable motivation is to determine your goal. You know you're unhappy with your body, but what exactly do you want to change? Why is it important to you?

Perhaps you can relate to one of the following goals:

- **You need to lose weight for your health.** Your doctor scared you straight or maybe you've had a recent health problem that landed you in the hospital. Your goal is to move away from the pain of sickness.

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### Happy Clients

*I traded Friday night happy hours for 5k races. I am 60 pounds lighter, have completed 2 races and look forward to many more. I would strongly recommend personal training to anyone interested in getting into shape & living a healthier, happier life. Tonya & the staff at Energy Fitness know what they're doing & want their clients to succeed. Even the other clients are supportive & we cheer each other on.*

**Annette Blunck, Age 40**

*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](#)



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

- **You want to look and feel incredible.** You've always wanted to feel vibrant and attractive. The idea of having more energy really excites you. Your goal is to move toward the pleasure and reward of a fit body.
- **You're worried about your kids.** They don't eat enough vegetables, they drink more soda pop than water and they play video games constantly. You have decided to model a healthier lifestyle and to encourage your kids to participate. Your goal is to move away from the risks of a sedentary lifestyle and to propel your kids toward a healthy future.

### **Train Your Mind for Weight Loss:**

With your clear and important goal in mind, let's take a few minutes to train your mind to achieve it. You know that weight loss comes as a result of eating right and regular challenging exercise, so let's use your mind to conquer both.

**Eating Right:** Use this exercise to distance yourself from the self-sabotaging foods you really wish you didn't eat, and to naturally begin selecting healthy foods.

Take a moment to review your current eating habits. Identify the foods that you should stop eating (hint: sweets, anything fried, refined carbohydrates, sugary drinks). Identify the worst food that you eat regularly but know you shouldn't.

Now imagine the healthy foods that you should eat (hint: vegetables, fruits, whole grains, lean protein). Identify the healthiest food that you know you should eat regularly.

Now with the image of these two foods in mind, find a quiet place and do the following exercise (seriously this stuff works):

- Draw up the image of your unhealthy food item. This image will likely be quite vivid, with smell, taste and bright color. In your mind, fade this picture to black and white and distance the image until it is dull, fuzzy and remote.
- Draw up the image of your healthy food item. This image will likely be fuzzy and faded. In your mind, bring this picture to life with smell, taste, sound and bright color.

**Regular Exercise:** This technique can be applied in a way that encourages you to crave exercise rather than avoid it.

Take a moment to imagine how you feel after a great workout (notice the emphasis on the word after). Remember the physical satisfaction as well as the sweet feeling of accomplishment.

Now bring to your mind the aspects of exercise that you dislike. What is your biggest reason for avoiding exercise? Are you too tired? Do you not have enough time? Is physical exertion too much of a hassle? Pinpoint your greatest complaint about exercise.

Now with the image of these two aspects of exercise in mind, find a quiet place and do the following exercise:

- Draw up the image of your exercise complaint. The image is likely to be clear and accompanied by the sounds, smells and sensations. In your mind, fade this picture to black and white and distance the image until it is dull, fuzzy and remote.
- Draw up the image of the wonderful feeling you have after accomplishing a great workout. Magnify this image in your mind. Fixate on how you feel physically, mentally and emotionally. View the experience in bright colors and add a sound track of inspirational music.

### **Why It Works**

If this was your first experience with training your mind (also called Neuro-Linguistic Programming, or NLP) it may have felt a little odd. Many of the world's top achievers regularly use techniques like these to accomplish astounding goals.

The techniques above work because they train your mind to bring your behavior in line with your values. Think about it, you value health, you desire to be fit and attractive and you want to instill healthy habits in your kids.

These techniques encourage you to avoid self-sabotage and to make choices that line up with what you truly value.

Now that you are ready to accomplish your goals, call or email me today to start your fitness program that will greatly improve your life.

Need another boost of motivation? Anthony Robbins uses this Rocking Chair Test to propel his students to action.

- Imagine yourself at 90 years old, sitting in a rocking chair and looking back over your life.
- Imagine that you never accomplished the goals that are important to you. Feel the pain of loss and regret.
- Now imagine that you did accomplish these important goals. Feel the pleasure of success and accomplishment.

Which scenario do you want to experience when you are 90?

### Roasted Brussels Sprouts

This is one of those healthy foods that you're missing out on! If the thought of Brussels Sprouts makes you queasy, then you've never had them prepared like this. Roasted with fresh garlic and light seasoning, these crunchy treats will tease your taste buds into thinking you're eating potato chips. **Servings: 2**



#### Here's what you need...

- 12 Brussels Sprouts
  - 1 teaspoon Olive oil to drizzle
  - Salt and pepper
  - 2 fresh garlic cloves, minced
1. Preheat the oven to 400 degrees.
  2. Cut the stem off the Brussels Sprouts and cut them in half lengthwise. Drizzle with olive oil, coat evenly. Season with salt and fresh ground pepper.
  3. Place the Brussels Sprouts cut side down on a baking sheet. Roast for 10 minutes.
  4. Remove the baking sheet from the oven, using tongs coat the Brussels Sprouts with the garlic. Place the baking sheet back in the oven for an additional 5 minutes.
  5. Remove the baking sheet from the oven, the cut side of the Brussels Sprouts should be browned and crispy.

**Nutritional Analysis:** One serving equals: 72 calories, 2g fat, 10g carbohydrate, 4g fiber, and 4g protein.

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

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