



You are you looking for the accountability & results but on a budget.

We Have Your Solution !

Check out this short video of our lunch circuit class.

<http://s380.photobucket.com/albums/oo241/energymemphis/?action=view¤t=circuittrainingvideo1.flv>

This is the same *Energize Method* of training we apply during our fat blast class.

Class meets: Mondays & Thursdays at 6:30 p.m. (30 minutes to fast results) Only \$10 / class. check out www.CityFitMemphis.com for more details.

The Deep Fried Disaster

I am often asked how to lose weight quickly and easily.

Of course no one wants to listen to a lecture on the importance of healthy eating coupled with a solid exercise routine. That would preclude the quick and easy part.

So in a world where two thirds of all adults are overweight or obese, and some doctors predict that we will soon see a generation with a lower life expectancy than their parents due to obesity related diseases, I've come up with a solution that is both quick and easy. (Drum roll, please.)

Stop eating fried foods. (Gasp!)

Fried foods, despite having little to no nutritional value and being loaded with fat and calories, have become an accepted indulgence in our society. So accepted that many restaurants serve fries or chips alongside every meal.

It's no wonder that fried foods are the number one thing that most people crave – they are salty, addictive and plentiful.

Are Fried Foods Really That Bad?

In a nutshell, yes, fried foods really are that bad for you.

Take an average potato, bake it and you have 110 calories and 0 grams of fat. Take that same potato, turn it into French fries and you have 380 calories and 18 grams of fat.

Frying food is the easiest way to dramatically increase the calorie and fat content. And you know that extra calories and fat end up as extra body fat.

Other disasters that fried foods put you at risk for include:

- Heart Disease
- Diabetes
- Clogged Arteries
- High Blood Pressure
- Obesity
- Acne

Fried foods have also been known to trigger Acid Reflux and IBS (Irritable Bowel Syndrome).

Need I say more?

Going Fried-Free

Getting up fried food may not be easy, though it will arguably be one of the best

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Tonya

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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 45 min. 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](#)



things as well as your health and appearance. You will lose weight and improve your health by eliminating fried food from your life.

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

Keep in mind that, like all habits, the first thirty days will be the toughest. Make things easier by staying away from situations that place you in front of a big basket of fries or plate of doughnuts.

New Foods to Love

Instead of fried foods, enjoy the following:

- Substitute a salad or fruit instead of fries
- Baked potato – but pass on the butter and sour cream
- Baked chicken instead of fried chicken
- Baked chips instead of fried chips
- Raw veggie pieces

You may be surprised how delicious these healthier options taste.

Help, I'm addicted!

If your diet has consistently included fried foods - multiple times a day or several times each week, then giving it up may take more work than simply trying healthier options.

You'll need to use some mental strategies as well.

To do this focus on all the negative things about eating fried foods:

- Think of how bloated and heavy you feel afterward
- Remember the heart burn you've experienced
- Focus on the extra pounds you want to lose – imagine doughnuts and French fries sticking to your belly and thighs
- Look at your acne
- Feel the discomfort of being out of breath doing normal activities

You didn't think I was really going to skip telling you how beneficial exercise is to achieving your health and weight loss goals did you?

The bottom line is that exercise plus healthy eating will give you the body that you want.

What are you waiting for? Drop that bag of chips and call me for a workout that will change your life!

The Trans-Fat-Free Decoy

You've probably heard that many restaurants and food manufacturers have stopped using trans-fats. Don't get too excited. While trans fats aren't as bad as other fats, fried items are still loaded with fat, calories, and sodium – all things that you want to avoid when trying to lose weight.

Before you eat a trans-fat-free item check the overall nutritional content. Does it contain saturated fat? What is the total fat and calorie count? What about sugar and sodium? Don't let a trans-fat-free label distract you from the overall nutritional content of the food.

Summer Time Gazpacho

Gazpacho is a tomato based, raw vegetable soup that is served cold. This recipe makes a light and refreshing summer meal, and is quick and easy to make. Feel free to simply chop the ingredients for a thicker soup if you'd rather not use a blender.

Yield: 4 servings



Here's what you need...

- 1 pound ripe tomatoes
- 1 1/2 cups cucumber chunks, peeled and seeded
- 1/2 cup chopped red bell pepper
- 1 clove garlic
- 1/4 teaspoon cumin
- 1/2 teaspoon salt
- 1 teaspoon red wine vinegar
- 1 teaspoon light honey
- 2 teaspoons fresh lemon juice
- 1 Tablespoon olive oil
- * Optional * Cayenne pepper to taste

1. Core the tomatoes, and cut into large chunks.
2. Place all ingredients, except cayenne, into a blender. Puree until smooth.
3. Transfer to a container, add cayenne. Cover and chill.
4. Serve cold.

Nutritional Analysis: One serving equals: 71 calories, 4g fat, 9g carbohydrate, 2g fiber, and 4g protein.

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