



10 minute "All I Need Is a Curb or Parking Lot Tire Stop" Cardio Fitness Program!

This is for all the people I meet that find out I am a trainer and feel compelled (because of guilt probably) to tell me how busy life is and how you don't have time to exercise.

YOU MAKE TIME FOR THAT WHICH IS IMPORTANT TO YOU!

Do this 4 x per week. Each time through is about 1 minute. Repeat 8-9 times (resting about 20-60 seconds between pushing the play button again). Notice the pounds start to peel off and your energy levels increasing.

click on the link to view: http://www.youtube.com/watch?v=6I_uMAL2qR4

Of course if you want the weight to peel off even faster then weight training twice a week should be added to your fitness routine. Stay tuned for an upcoming newsletter to include a time efficient program for all you do it yourself-ers.

*In case you missed the e-mail introducing our newest ACSM certified trainer we would like to welcome Anna Harris to the Energy Fitness Staff. Anna will follow the same protocol using the exclusive Energy Fitness "Energize Method" to get awesome results for our our clients. She loves to help people achieve a fitness level they never thought possible while keeping it fun!



The Freedom of (Self-Imposed) Chains

Most of us are under the misconception that fit people work hard and spend most of their lives deprived in order to achieve their amazing bodies.

Nothing could be farther from the truth.

I'll let you in on a little secret...It's not hard to get and stay fit. It's not about hard work and deprivation.

It's all about boundaries.

Let me explain...

When you were a child your parents set boundaries around you. They were the authority on what was or wasn't acceptable behavior. You had to complete your chores before dinner. You had to finish your homework before going out to play. You had to eat all your vegetables before dessert.

If you failed to comply with these boundaries then you knew that there would be consequences.

As an adult you, and only you, are the authority on what is or isn't acceptable behavior. You are in the position to set boundaries around yourself. These boundaries serve as a framework of order around you - a rock of support in an

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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](#)



Juice Plus: Energy Fitness' Favorite

otherwise chaotic world.

With self-imposed boundaries you can assure your success in anything...specifically with weight loss.

Your fitness boundaries have to be self-imposed—no one is going to do it for you. Don't look at this as a bad thing! Self-imposed boundaries are self-empowering.

Let's face it, you've been living life without fitness boundaries.

- You eat whatever you want, whenever you want it.
- You use any excuse to avoid exercise.
- You indulge whenever it feels good.

Your Fitness Boundaries

It's time to introduce boundaries back into your life. These boundaries are the key to unleashing your ideal fit and healthy body.

1. Fitness Boundary One: What you eat

If you were to be perfectly honest with me, you could list off the foods that are unhealthy and fattening. So why are you still eating them? You know that refined, fried, processed and sugary foods are not good for you.

Place boundaries around what you will allow yourself to eat. Acceptable food items include whole foods, vegetables, fruits, whole grains, and lean meats.

2. Fitness Boundary Two: How you exercise

I know that you're not an Olympic athlete, but that doesn't mean that you can simply pass on exercise. By now you are well aware of the host of benefits that exercise provides. With regular exercise you'll look great, feel amazing and have more energy than ever.

Place boundaries around how often you must exercise. Choose exercise that is challenging and fun - don't be afraid to try new activities that improve your strength and endurance.

3. Fitness Boundary Three: When you indulge

Let's face it, we live in a world where indulging has become the norm, rather than the exception. When you live life without fitness boundaries, everyday is an opportunity to indulge. These indulgences all add up quickly, causing your clothes to become tight and your energy levels to drop.

Place boundaries around when you can indulge. You'll find that by limiting your indulgences you'll end up enjoying them even more.

Putting It In Action

Sit down and take a long, hard look at your lifestyle. Are you eating as healthy as you could be? Are you exercising 3-5 times each week? Are you indulging too often? Answer the following questions:

1. What 3 food items can I eliminate from my daily diet? (These should be nutritionally void items like high-calories beverages, fast food, packaged snacks, high-fat food, candy or desserts.)
2. When can I schedule exercise into my week? (Pick 3-5 days, and select a specific timeframe. Example: I'm going to exercise on Monday, Wednesday and Fridays from 5am-6am.)
3. When will I allow myself to indulge? (Don't go overboard here, especially if you need to lose weight. Enjoy a treat a couple times each month, and do so guilt-free knowing that you've maintained healthy food boundaries the rest of the time.)

Remember that self-imposed boundaries are self-empowering.

Fitness boundaries put your fitness results on autopilot. If you know what constitutes an acceptable meal, then choosing what to eat just got a whole lot easier. If you're committed to exercising 3 times a week, soon it becomes second nature.

Need help setting up your fitness boundaries? I am here to help - call or email me now!

Confidence Booster

Vitamin! (the next best thing to fruit & veggies)

Have you ever wished that you had more confidence? People who set fitness boundaries report experiencing a boost of confidence. Think about it: when you set a higher standard for yourself confidence grows naturally. As you lose weight and feel better than ever your confidence will sky rocket.

Fresh Vegetable Tacos

There is no question that these veggie stuffed tacos are both healthy and delicious. Fresh asparagus, sweet peppers, corn, onion, pinto beans and cilantro create



a tasty blend of flavors. To increase your protein intake feel free to throw in strips of lean chicken breast. Serve with sliced avocado and a side of salsa. **Servings: 6**

Here's what you need...

- 1 teaspoon olive oil
 - 2 cloves garlic, minced
 - 1 medium onion, chopped
 - 2 cups asparagus, cut into 1 inch pieces
 - 1 cup sweet peppers, chopped (red, yellow, orange or all three!)
 - 3 ears of corn, kernels shaved off
 - 1 (15 oz) can pinto beans, drained and rinsed
 - 1/4 chopped cilantro
 - 6 whole wheat tortillas
 - 1 avocado, sliced
 - Salsa
1. Place the olive oil and garlic in a large non-stick frying pan over medium heat. Add the onions and sauté for about three minutes or until the onions begin to soften.
 2. Add the asparagus and continue to sauté , stirring occasionally for 5 minutes.
 3. Add the peppers and continue to sauté , stirring occasionally for 5 minutes.
 4. Add the corn, beans and cilantro and sauté for 5 more minutes, or until the vegetables are tender. *Note: Make sure you don't overcook the vegetables. You want them to be tender but not too soft.*
 5. Remove from heat. Place a scoop of the veggie mixture in each tortilla and top with sliced avocado. Serve with your favorite salsa.

Nutritional Analysis: One serving equals: 308 calories, 8g fat, 46g carbohydrate, 13g fiber, and 12g protein.

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