

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=6l_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

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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:

they never thought possible while keeping it fun!



21 Universal Rewards of Exercise

The number one reason that most people are out-of-shape is that they don't exercise enough.

I've often wished that I could give each and every one of you a personalized pep talk to get you up off the couch and into the gym, day after day. So here's my pep talk in bullet form - 21 rewards that you will gain from regular exercise.

Do yourself a favor and print this list and post it where you'll see it every day. When you need motivation or encouragement simply read over this list and feel your motivation soar.

1. **You'll reset your body:** Exercise has been described as a giant reset button. A good workout will block appetite swings, improve your mood and even help you sleep.
2. **Your clothes will fit better:** Consistent exercise will tone and tighten your body, causing your clothes to not only fit better but to also look nicer. Also exercise ensures that soon you'll be trading your clothes in for smaller sizes.
3. **You'll be less stressed:** You have enough stress in your life - it's time for a break. A good workout invigorates your muscles, leaving you relaxed and less stressed.
4. **You'll have more energy:** WebMD tallied research studies and concluded that 90% of them prove exercise increases energy levels in sedentary patients. Next time you feel fatigued, fight it will the most powerful tool available: exercise.
5. **You'll be stronger:** Exercise improves muscle strength and endurance, two things that you use throughout each day. When you exercise consistently you'll be pleasantly surprised when difficult tasks begin to seem easy.

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

6. **You'll be less likely to binge:** Exercise has a powerful anti-binge effect on the body. This is due in part by an increase in sensitivity to leptin, a protein hormone, which has an appetite-taming effect.
7. **You'll burn calories:** You know that excess body fat is made up of stored and unused calories. Fight back by burning loads of calories with fat-blasting workouts.
8. **You'll be more confident:** Who doesn't wish they walked and talked with more confidence? A consistent exercise program will do just that. As your body becomes more fit, watch as your confidence sky-rockets.
9. **You'll have fun:** Believe it or not, exercise can be extremely enjoyable. Remember how fun it was to run around as a child? Tap into your inner child as you find a mode of exercise that gets you excited.
10. **You'll reduce your blood pressure:** Exercise has been proven more effective than medication in reducing blood pressure to normal levels. A single workout has been shown to reduce blood pressure for the day and regular exercise reduces overall blood pressure in the long run.
11. **You'll lose the jiggles:** Regular exercise tightens flabby arms, legs and waistlines. So wave goodbye to the jiggles with a solid exercise program.
12. **You'll increase insulin sensitivity:** Researchers at Laval University in Quebec discovered that exercise improved insulin sensitivity dramatically. Peak after-meal insulin levels dropped by more than 20 percent after as little as 3 weeks of consistent exercise.
13. **You'll sleep better:** Do you toss and turn for hours before falling asleep? Exercise is a powerful sleep aid. Your tired muscles encourage your body to quickly fall asleep so they can get their overnight repair work done.
14. **You'll lower your risk of heart disease:** Regular exercise strengthens your heart and makes it more resilient against disease. A sedentary lifestyle is a major risk factor for heart disease, so rest assured that consistent exercise is your ally against disease.
15. **You'll feel great:** Vigorous exercise releases natural endorphins (happy hormones) into your blood stream that dissolve pain and anxiety. You've probably heard of 'runner's

high', this can be achieved by any great workout.

16. **You'll lower your risk of diabetes:** Studies show that exercising as little as half an hour each day can dramatically reduce your risk of diabetes. If you are at risk of diabetes, or already have diabetes, regular exercise is the most effective treatment for reversing the disease.
17. **You'll meet cool people:** You could benefit from a group of new, energetic friends, right? Gyms, bootcamps, workout centers and even the jogging trail are all great places to connect with fun new friends.
18. **You'll improve your BMI:** You know that maintaining a healthy BMI is key in disease prevention. Exercise is the best way to keep your BMI under control.
19. **You'll increase your endurance:** Do you ever get out of breath when walking up stairs or through the mall? Regular exercise builds your endurance for everyday activities.
20. **Your doctor will be impressed:** How many times has your doctor given you the lecture about losing weight and exercising more? Exercise regularly and get your MD off your back!
21. **You'll look amazing:** Are you happy with the shape and size of your body? Regular exercise works wonders on your physique. Within a few weeks you'll see shape and tone in all the right places.

What are you waiting for? Lace up your shoes and get moving!

Guarantee Your Success

The quickest, easiest way to guarantee that you'll meet your fitness and weight loss goals is to work one-on-one with a qualified fitness professional. You'll be held accountable with your workouts and you'll be instructed properly and shown techniques and strategies that will expedite your results. Call or email today to get started on a program that will take the guesswork out of fitness and to set your results on fire.

Fastest Chicken Stir Fry



Think you don't have enough time to cook a healthy meal? Think again. This healthy and delicious chicken stir fry takes only minutes to make. Instead of chopping the vegetables yourself, this recipe calls for pre-chopped ingredients found in the produce section of your grocery store. Skip the take out line tonight and try this recipe instead.

Yield: 6 servings

Here's what you need...

- 1 teaspoon olive oil
- 1 teaspoon chopped garlic
- 1 cup asparagus, cut into 2 inch segments
- 1 (16 oz) package pre-chopped stir fry vegetables
- 1 (10 oz) package shredded cabbage
- 1 cup chopped pineapple
- 1 cup chopped cooked chicken breast
- 3/4 cup teriyaki sauce

1. Heat the olive oil in a large skillet or wok. Add the garlic. When the garlic is browned add the asparagus. Stir fry for 5 minutes or until the asparagus turns bright green.
2. Add the chopped stir fry vegetables, cabbage, and pineapple. Stir fry for 5 minutes or until the vegetables are tender.
3. Add the cooked chicken pieces and mix in the teriyaki sauce. Stir fry for another minute, until the sauce is evenly distributed.

Nutritional Analysis: One serving equals: 117 calories, 1.8g fat, 15.8g carbohydrate, 4g fiber, and 10.7g protein.

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