



Personal Training Studio

Downtown Memphis  
552 South Main  
901.523.2348 (BFIT)  
Free Parking!

#### IN THIS ISSUE

[Injury? R.I.C.E.](#)

[Super Herbs for Super Health!](#)

[This family is Fit not the other 3 letter word!](#)

[Healthy Granola Recipe](#)

#### QUICK LINKS

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### Congratulations!

To the Winner of a Free 30 minute Personal Training Session from the November Trolley Tour.

**Jason Porter**

### Schwartz Family

This family is FIT not the other 3 letter word!

What does your family do to stay healthy?



top left - Kim (daughter), top right - Bobbie (mom)  
bottom left - Scott (son), bottom right - Jerry (dad)

One of our Energy Fitness trainers whipped this family into shape.

We wanted to share their success stories with you.

1. Have there been any changes in your family since you all have been working out?

**Bobbie:** We had 1 runner in the family (Kim) but now there are 3. I never thought I would start running at 57 but our trainer encouraged me to try and I'm definitely enjoying it.

**Kim:** There have been definite changes. Now we have more conversations about exercise, eating properly, & as my mom says a day never goes by without the comment or question, "What did the trainer have you do today?"

session.

## Injury?

Remember this acronym the next time you need pain relief and a speedy recovery.

### R.I.C.E

- Rest
- Ice
- Compression
- Elevation

Ice for first 72 hours (15-20 min. 3 times/day if possible)  
Never put ice directly on the skin, put a paper towel or washcloth as a barrier between your skin and the ice.

Tip: put ice in a ziploc baggie and add a little water.

Only after 72 hours apply heat if necessary.

## Super Herbs

Aromatic Anti-Aging Aids according to Dr. Nicholas Perricone, M.D. (author of The Perricone Promise)

Add the following herbs to your diet to feel great and look young!

### Scott:

Everyone realizes now getting healthy is not just about going to the gym a couple hours a week. It encompasses so much more from diet, outside cardio work, and even posture.

Jerry: Fitness is a regular topic of conversation now. It was seldom mentioned in the past & we are equally supportive of each others efforts to succeed.

### 2. What are the benefits you get from working out?

Bobbie: With our trainer working my muscles through weight training, it makes me want to do the cardio on my own. I know you have to do both to get the full benefit. Strong muscles & a strong heart are great benefits.

Kim: The benefits for me are toning, becoming stronger & improving my running performance. After a great workout, I feel stronger & feel more confident.

Scott: Better posture, slimmer waist, and less stress.

Jerry: Feel better & look better

### 3. What is your favorite exercise?

Bobbie: Running - I run 2 miles on the treadmill before our trainer starts our strength training sessions & on days when I don't go to the gym I have even progressed to running three miles.

Kim: Anything with the BOSU..where does our trainer come up with these exercises? But, really I do enjoy all weight training from the standpoint that I typically underestimate what I can actually do but in the end I DO accomplish it.

Scott: Anything that does not include jumping up and down repetitively-fast.

Jerry: Any weight training exercise.

### 4. What is your biggest accomplishment you have achieved at Energy Fitness?

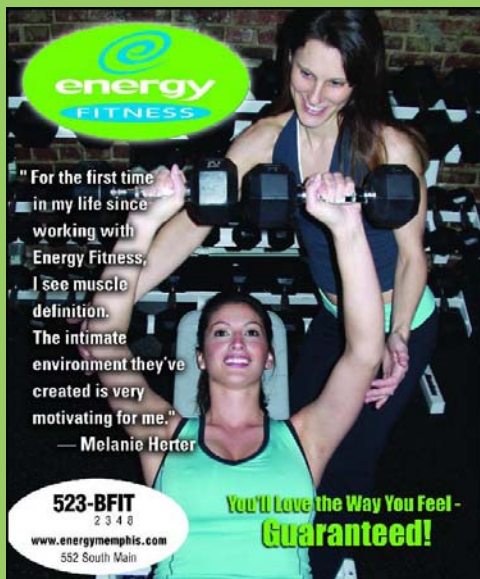
Bobbie: Running & watching not only what I eat but how much - portion control is important.

Kim: The biggest accomplishment is getting stronger, seeing definition by using weights as well as improving my running performance. I actually won in my age group in a 5k this season which was fantastic.

Scott: Running my first 5k with the support of our

The fresher the better.

- Oregano
- Bay Leaf
- Dill
- Lemon Balm
- Mint
- Thyme
- Parsley
- Rosemary
- Sage
- Basil
- Ginger
- Turmeric
- Turmeric spicy sidekicks (black pepper, cardamom, cinnamon, coriander seeds, cumin, fenugreek)



Give the gift of health this holiday season.

### Gift Certificates Available

Call and speak to any of our trainers to get yours today.

trainer & Kim was too "awesome".

**Jerry:** Losing weight - feeling better in clothes.

### 5. Do you think it is easier to have all your family members working out than just by yourself?

**Bobbie:** We exercise at different times (Jerry & I are workout together) than our kids. But when our family is together our conversation always includes what we did at Energy Fitness & "What did our trainer make you do today?" I am committed to being fit & will hopefully continue this journey the rest of my life.

**Kim:** It's definitely something that has brought our family closer & having us all work out keeps the commitment going; but *I personally believe than in anything you do YOU have to want to do this yourself.*

**Scott:** Yeah-because I would not want to "disappoint" them.

**Jerry:** Yes, it's fun to see everyone progressing.

- Thanks to the Schwartz family for allowing us to share your motivational success stories with others in this newsletter. Keep up the fantastic work!

## Healthy Granola Recipe

(use in cereal, eat as a snack, put in yogurt or whatever..)

### Ingredients

- unsalted raw sunflower seeds
- toasted buckwheat groats (also known as kasha)
- unsalted raw pumpkin seeds
- unsalted raw almonds or other nut of your choice
- raisins or dried cranberries
- raw oats
- agave nectar, honey, or brown rice

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syrup

**Dates to remember:**

**Saturday, Dec. 8th at 10 a.m.  
for Amsa's Yoga Therapy Class**

Our Thursday Yoga/Pilates Class series has ended. Lacy will resume teaching again on Thurs, Jan 10th, 2008 at 6:45 p.m.

We no longer have Yoga on Tuesdays. Our instructor (Leah) has graduated and is moving. Thanks Leah for your great classes! Namaste.

**Happy Holidays,**  
Energy Fitness

Preparation: set oven to low broil.

- place pumpkin seeds and other raw nuts on a baking sheet & toast for about 4 minutes or until almost brown.
- place twice or three times as much uncooked oats on baking sheets and toast for about 4-6 minutes until almost brown.

Mix cooked pumpkin seeds, other nuts, oats, toasted kasha and raisins or cranberries. Stir in the natural sweetener of your choice depending on the flavor you desire. All of the sweetener listed above are low glycemic (won't spike your blood sugar). Be sensible and don't use too much.

**HINT:** if you find yourself bingeing on the granola there is probably too much sweetener or too many nuts in your batch!