

[MORE ENERGY FITNESS ON THE WEB!](#)

The [Energy Fitness Blog](#) is up, running, and awesome. In the next day or so, Tonya will be posting about her master cleanse fast (lemonade diet.) It's very interesting stuff. Check it out, leave comments, ask questions, and tell some friends.

Weight-Loss Pills: Do they work?

Let's be honest for a moment. You've seen the advertisements for weight loss pills-you know the ones with those amazing before and after pictures-and you've wondered to yourself...do they work?

Diet pills are everywhere, they tempt from store shelves, from infomercials and from glossy magazine pages. You probably know someone who is dabbling with diet pills or maybe you've tried them yourself. Have you ever wondered how they work?

Weight loss pills can be broken down into 3 basic categories:

1. **Appetite Suppressants:** These work just like it sounds. The appetite-regulating region of your brain (the hypothalamus) is tricked by blockage of the re-uptake of serotonin and norepinephrine. As a result you feel like you've just eaten a big meal, so you're less likely to overeat.
2. **Stimulants:** These types of weight loss pills used to contain a combination of ephedra and caffeine to raise energy expenditure (thermogenesis) while also reducing appetite. You're probably aware that these pills were proven in some cases to be deadly, so ephedra was taken off the market. Stimulant pills now contain other ephedra-like substances, vitamins and caffeine. The idea is to increase energy and boost metabolism.
3. **Fat Blockers:** These pills inhibit the action of the enzyme lipase, which is responsible for breaking down fat during the digestion process. The goal is to prevent a percentage of the fat you've eaten from being absorbed into your system.

So we return to our burning question. Do the pills work? Here's what the diet pill companies say:

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Testimonials

AMY GOOD (Owner Memphis Health & Fitness Magazine, 28) I chose Energy Fitness because it has a great, clean urban atmosphere. I sought out a personal trainer because I had hit a plateau in my own workouts, and the trainers at Energy Fitness have taken one minute per mile off my running time.

ANDY CATES (real estate, 35) I wanted to get in shape, and I knew that I needed someone to push me. I like Energy Fitness because of the boutique environment and the friendly staff and clientele. The workouts are intense, and it's more private than a regular gym.

- "You'll lose 30lbs in 30 days"
- "Achieve rapid weight loss results"
- "Burn calories and fat 24 hours a day"
- "Fights fat and delivers rapid weight loss"

Those claims are amazing...too bad they are just that-claims. It's so tempting to imagine that those benefits could be gained just by swallowing a pill. Tempting enough to make diet pills a multibillion dollar a year industry. Hmmm, makes you wonder that if that many diet pills have been taken then why don't we all look like swim suit models yet?

While diet pills showcase a few star subjects, none of whom live on your block, the world is full of real people who have lost weight and improved their lives with exercise and healthy eating. Check out these proven benefits of exercise:

Increased Weight Loss	Raised Self Esteem
Strengthens Heart and Lungs	Renewed Confidence
Improved Sleep Pattern	Feel Good Endorphins
Increased Strength	Feel Younger Than Ever
Improved Coordination	Improved Mood

A pill may slightly increase your metabolic rate for a time or may suppress your appetite, and you may lose a few pounds. However, a pill alone cannot produce serious or permanent weight loss. A pill cannot deliver the same results as healthy nutrition and regular exercise.

And weight loss pills have been known to give the following side effects:

- Raised blood pressure
- Increased risk of heart attack
- Cramping, gas and diarrhea
- Constipation
- Headaches
- Dry Mouth
- Insomnia

The bottom line is that true weight loss can't be achieved by a pill.

If you really want to lose weight, if you're looking for long term health benefits then look no farther than your sneakers. That's right, lace them up and go for a jog. Then schedule a time to meet with me.

Energy Fitness is Having a Party!

The E-vites have been sent out for the Energy Fitness Client Appreciation Party! If you did not receive one and feel like you should have, send us an email, and we'll get one to you right away! Remember it's next Saturday, October 25th from 5 p.m. to 8 p.m. at trainer Lisa Sanchez-Sullivan's house.

Check Out these Links:

[weight loss, athletic performance, wellness, specials](#)

[Access your Energy Fitness account online\(ask staff what your password is\)](#)

[How to lose those stubborn pounds & other topics, Tonya's radio interviews from Womens Wisdom Network](#)

Together we will turn you into a walking talking billboard for the benefits of exercise.

Trick or (Healthy) Treat?

Halloween is almost here and that can only mean one thing-it's time to buy treats for the kids. And like every other year you'll end up eating the leftovers. This year stick with healthy treats like boxed raisins, fruit cups, string cheese, granola bars or non-food items like colorful pencils, erasers or coloring books. You'll save yourself plenty of calories.

Healthy Tuna Melts



Gone are the days when tuna melts were laden with fat and served on slabs of bread with a pile of French fries - this recipe gives you all of that comforting taste with none of the fat. Oh and did I mention that it only takes a few minutes to make? Serve your healthy tuna melts up with a side of whole grain rice and steamed veggies for an all around winner of a meal.

Servings: 2

Here's what you need...

- 6 oz can of albacore tuna (in water), drained and flaked
 - 1 egg white
 - 2 Tablespoons oatmeal
 - 2 Tablespoons diced onion
 - 1/4 teaspoon garlic powder
 - 2 teaspoons low-fat shredded cheese
 - Salt and pepper to taste
1. Blend all of the ingredients (not the cheese) in a bowl. Pre-heat a frying pan and coat with cooking spray. Form two patties.
 2. Cook one side until brown and then turn. When the second side is nearly done, sprinkle cheese over it.

Nutritional Analysis: One serving equals: 138 calories, 2g fat, 4.5g carbohydrate, 1g fiber, and 25.5g protein

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