



## Energy Fitness September Newsletter

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[www.EnergyMemphis.com](http://www.EnergyMemphis.com)

[www.MonavieMemphis.com](http://www.MonavieMemphis.com)

[www.ProgradeMemphis.com](http://www.ProgradeMemphis.com)

### ***Greetings!***

We are approaching our 5 year anniversary. Thanks to our awesome trainers especially Lisa Sanchez (she has been with us from the beginning). Most of all of we want to thank our clients for allowing Energy Fitness to help them reach their fitness goals. Over the last five years we have had to opportunity to help change our client's lives by making a positive difference in the quality of their health. In return those same clients gave us the ability to move into a larger space . We look forward to many more years of helping to make Memphis a healthier city!

**Sincerely,**

***Tonya Tittle, M.S.***  
**Owner/Director of Training**

## **Five Years of Fitness**

Trolley Night - Friday, September 28, 6:00PM-9:00PM

Energy will be celebrating its birthday. Everyone is welcome to join the celebration. Vendors such as Fitness Systems, Breakaway, About Face by Pamela John Mineral Makeup and many more will be there.

We will also feature an artist, Carl E. Moore, who will have a show called "Comfort Zone." Check out his website at

[Carl E. Moore](#)

## Client Spotlight - Terri Murphy

Terri Murphy has been training with Tonya for about 6 months. Terri is also going to help us with health and fitness podcasts on our website, which we are currently updating.



1. What changes have you seen since you have been working out at Energy Fitness?

-I've always worked out through out my life, but after a car accident, I had to really approach re-building more seriously. After working with Energy Fitness for about 6 months I definitely see more muscle definition. The most important thing is that I am enjoying more balance and strength, especially around my injury and it has substantially helped me walk more normally.

2. What is your favorite exercise? - Free weights

3. What is your favorite food? - Everything that Tonya would shoot me for having like Cheese and Coffee.

4. If you could travel anywhere, where would it be? - Italy and France again - Maybe Bora Bora

5. Three words to describe yourself. Driven, Determined, Accountable

6. Advice for a person just starting to work out. - It's a commitment to life and life time improvement - it's a mindset - If you choose to take care of your physical body, for the rest of your life you are making regular investments in better health, a better quality of life and not to mention you usually look the best at your next high school reunion.

Check out Terri's website [www.TerriMurphy.com](http://www.TerriMurphy.com) and coming soon: [www.WomensWisdomNetwork.com](http://www.WomensWisdomNetwork.com)

## Caffeine Quiz: Am I Addicted?

In order for a person to hear his or her body's real signals, he or she has got to remove caffeine long enough to tune in. So whether you have a one-cup or one-pot-a-day habit, it may be time for you to look at your caffeine use. Is it time for you to go on a brief caffeine holiday? Let's learn more and find out.



### The Caffeine Addiction Quiz

Answer **yes** or **no** to the following questions.

- Do you use caffeine to facilitate a physical activity (for example: waking up, exercising, having a bowel movement, concentrating)?
- Do you have to have caffeine in the morning? Can you substitute hot water with lemon?
- Do you crash or have caffeine/sugar cravings in the afternoon/early evening?
- Do you grow irritable, have headaches, feel disembodied if you miss your caffeine fix?
- Do you have difficulty falling asleep at night and waking feeling refreshed?
- Do you need caffeine to heighten the effects of other substances, e.g., nicotine, alcohol, sugar?
- Do you feel your social routines would suffer without caffeine use?
- Does the idea of going without caffeine seem impossible to you?

### Caffeine Tolerance

If you answered yes to two or more of these questions, the time may be ripe to examine your attachment to caffeine. Anytime a person feels he or she cannot be themselves without using a substance (natural or synthetic), it raises a big red flag.

Whether we like to admit it or not, the reality is that coffee and tea are the major source of antioxidants for some people.

The biggest concerns for most people with chronic caffeine use are increased anxiety, insomnia, inflammation, and adrenal burnout. Caffeine distances you from your natural energy cycles, tricking your body into a constant state of alert. This ultimately makes you more tired.

### Recognize that caffeine is not food or a fluid replenisher.

Although coffee and tea contain antioxidants, they are in no way a good substitute for real, whole food. Complementing your coffee with a big sugary snack, or adding a lot of sugar to sweeten it, upsets insulin and cortisol levels, particularly if there is no protein or healthy fat to take the edge off. Drink a glass of water arising and then eat a high-protein breakfast. If you still want your cup of coffee or tea, drink it after you have eaten. If your hunger is actually thirst, drink a glass of water or herbal, decaffeinated tea before you turn to coffee or caffeinated teas.

### Drink more water to help detoxify.

Caffeine is a diuretic, meaning it dehydrates. If you up your intake of water, you may find you have less craving for soda, coffee or tea. Water also helps flush toxins through the system, including caffeine. What's more, caffeine is very acidifying.

By kicking the caffeine habit, you'll be able to hear your body's raw unfiltered signals and - ultimately- tap into vast new resources or power: renewable energy that comes from a healthy metabolism supported by good nutrition - not the drip coffee machine.

# Recipe: Mahi-mahi with macadamia nut crust



## Ingredients

1/4 cup fresh whole-grain bread crumbs  
3 tablespoons macadamia nuts, finely chopped  
1 tablespoon finely chopped fresh flat-leaf (Italian) parsley  
1/2 teaspoon grated lemon zest  
1/2 teaspoon salt  
1/4 cup fat-free milk  
4 mahi-mahi fillets, each 5 ounces and about 1-inch thick  
1/4 teaspoon freshly ground black pepper

## Directions

Place a rack in the upper third of the oven and preheat to 450 F. Place a small wire rack in a shallow nonstick baking pan.

On a plate, stir together the bread crumbs, nuts, parsley, lemon zest and 1/4 teaspoon of the salt. Pour the milk into a shallow dish. Dip each fillet in the milk and then dredge in the nut mixture, coating completely and pressing lightly so the mixture adheres well.

Place the fillets on the rack in the baking pan, making sure that they don't touch. Sprinkle evenly with the remaining 1/4 teaspoon salt and the pepper.

Bake until the fish is opaque throughout when tested with the tip of a knife and the crust is golden brown, 10 to 12 minutes. Transfer to warmed individual plates and serve immediately.

## Nutritional Analysis

(per serving)

Serving size: 1 fillet

Calories

180

Monounsaturated fat

4 g

Protein	28 g	Cholesterol	104 mg
Carbohydrate	3 g	Sodium	462 mg
Total fat	6 g	Fiber	1 g
Saturated fat	1 g		

## E-PASS

Energy Fitness is now offering our current clients a pass to allow **one of your friends or family members** to join you during one of your sessions at **no cost** to your friend or family.

Please use this opportunity to share the experience of fitness with them!

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