

Gift Certificates are Easy and Thoughtful Presents

Do you have any friends or family members you've talked to about working with a personal trainer, and they've said, "I've always wanted to try that?"

Maybe you know someone whose New Year's Resolution is always to lose weight, but they haven't been able to stick with it yet.

A gift certificate from Energy Fitness could be the perfect present this holiday season!

A Bucket of Crabs

Have you ever seen a bucket full of crabs? They pinch and pull as they struggle to climb over one another to reach the top of the bucket – to freedom.

Ask any fisherman and they'll tell you that a bucket full of crabs doesn't need a lid – they simply won't escape.

Why? Well, it's not impossible for a crab to climb to the top, and really if they worked together it would be quite easy. But crabs don't work together...

Instinctively crabs pull each other down-literally.

When one crab breaks away from the pack, reaching its pinchers toward the top of the bucket, the others promptly grab onto the escapee's leg, pulling him back down. That crab is then pushed to the bottom of the pile and his dream of freedom is crushed.

People have a way of acting just like a bucket of crabs. Have you ever decided on a personal goal only to have someone in your life talk you out of it?

Do you have crabs in your life? A crab is...

- The person who discourages you from going to the gym
- The person who scoffs when you mention your weight loss goals
- The person who snickers when you choose salad over pizza

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Tonya Tittle

Energy Fitness

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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.

Check Out these Links:

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

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

The crab mentality says "If I can't have it, then neither can you." When you decide to do something different, to reach for a goal and to improve yourself, the crabs in your life will do their best to hold you back.

Keep Crabs at Bay: When crabs come snapping, remember the following:

1. **Ignore them:** When someone in your life begins to pull you down with discouraging words, remember that you don't have to listen. Don't let them get into your head. Mentally tune them out or politely remove yourself from the situation. Who are they to tell you what you can or can't achieve?
2. **Understand them:** Ouch! Insults and put-downs hurt, especially when they come from people that we care about. So what is the deal? Why do your friends, co-workers and even your spouse turn into crabs when you decide to improve your life? Do they really hope that you don't succeed? The truth is that crabs are thinking about themselves-not about you. They see you attempting to better yourself and to change your life. Whether they realize it or not, this scares them. If you better yourself will you still like them? Or will you leave them behind?
3. **You hold the power:** Even the most persuasive crab doesn't hold a candle to your iron will. When you are ready to change, and you've made up your mind without an inkling of doubt, then 90% of the work is done. Your mind is the most powerful tool at your disposal-don't let a wimpy crab rob it from you.

Are you ready to make a positive change in your life? Don't wait any longer. Join the ranks of my successful clients-schedule your first workout today.

And don't let a single crab talk you out of it!

Quick and Easy Turkey Vegetable Noodle Soup

Here's What You'll Need...

- 2 Low Sodium Vegetable Bouillon Cubes
- 6 cups water
- 4 chopped celery stalks
- 1 red onion
- Rice bran or wheat free/gluten free pasta noodles
- 12 slices low sodium deli meat (cut into pieces)
- 2 chopped sweet red peppers
- 1 cup chopped brocolli
- 2 tbsp. basil
- 1 tbsp. cornstarch

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

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- 1 tsp. kosher salt
- 1 tsp. black pepper
- Cut about 20 baby carrots into slices
- cayenne pepper (optional)

Bring the water with bouillon cubes to a boil. Add the pasta broken into small pieces. Let cook for about 10 minutes. Add all the remaining ingredients EXCEPT the cornstarch. Cook until vegetables are almost soft. Add the cornstarch. Let sit for 5 minutes and serve!

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