

## Bikini Bootcamp Series 2 Starts Mon. July 7th



**30 MIN. BIKINI BOOT CAMP**

**SERIES START DATES:**  
JUNE 16, JULY 7, JULY 28,  
AUG. 18

**\$60**

**MONDAYS  
& WEDNESDAYS  
6 & 6:30AM**

[WWW.ENERGYMEMPHIS.COM](http://WWW.ENERGYMEMPHIS.COM)  
**523.2348**

You can even sign up on our [website!](http://www.energyfitness.com)

**Energy Fitness - "Home of the 30 minute Bootcamp"©**

**Get more toned and fit in half the time of traditional 60 minute bootcamps with our proven program design delivering real results.**

***Q: Is 30 minutes really long enough for a bootcamp?***

A: Absolutely. We combine cardio intervals, resistance and core training with no rest periods, so the workout is intense.

***Q: Why at 6 and 6:30 in the morning? That's really early.***

A: It's a great way to ensure that as the day goes on that you don't put your exercise on the back burner as your day progresses. Get it done early and relax. Also since we are exercising outside, the early morning time ensures a comfortable temperature. Otherwise, a workout this intense, during the summer heat of Memphis could run the risk of dehydration or heat stroke.

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Tonya Tittle

Energy Fitness

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901-523-2348

### 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.

### **Q: How much can I really accomplish in three weeks?**

A: If you're not in shape, this workout really **jumpstarts your body into fat burning mode**. Under the supervision of a trained fitness professional these bootcamp classes teach you how hard you need to be working to get the results you want. For those who are more fit, it's a great way to challenge yourself and step up to the next level of fitness. Why waste time doing an hour of easy to moderate cardio when all that does is teach your body to store fat!

### **Summer time means one thing – it's barbecue time!**

While outdoor cookouts are a great opportunity to relax and visit with friends and family did you know that the average barbecue meal exceeds 1500 calories? That's almost an entire day's worth of calories in one meal.

That can really added unwanted inches to your waist line over the course of the summer.

The good news is that barbecue season doesn't have to be fattening. In fact, with a few small changes to your barbecue menu you can turn summer into the perfect opportunity for weight loss.

So before you slather on the sun screen and fire up your grill, read the following tips to lighten up this summer.

**On the Grill:** Believe it or not, grilling is actually a very healthy way to cook meat. Of course the type of meat that you choose will make all of the difference. Burgers and hot dogs are traditional barbecue meats, though they aren't the healthiest. Try the following:

- Choose lean cuts of beef, pork or poultry
- Marinade with low fat dressing
- Make hamburgers with extra-lean ground beef
- Take the skin off chicken before grilling
- Replace beef patties with ground turkey patties
- Grill up salmon or cod
- Forego the meat and grill veggie burgers

**Side Dishes:** This is where most people run into trouble. Barbecue side dishes are typically filled with one thing - fat. Creamy coleslaw and potato salads can hold as much as 15 grams of fat per serving. Try the following:

- Make veggie kabobs and grill them
- Replace the mayo in your salads with low-fat mayo
- Serve fresh salad with light vinaigrette
- Try whole-grain macaroni for your pasta salad
- Grill up corn on the cob
- Put out a veggie tray with low fat dip

### **Art for Sale**

*Featured artist currently displaying in our front room/yoga studio.*

**Katie Breymaier Austin** is our **featured artist for July and August**. She is a self-taught artist living in East Memphis with her husband and two-year-old daughter. Katie recently received a B.A. in Science Education from the University of Memphis.

She has donated several paintings to different local charities. Katie works mostly with acrylic, but does like to occasionally utilize oils as well. Her work is very centered around textures, with most of her paintings on display having a rough, thick finish, and she also enjoys painting on wood as well of canvas because of its natural texture.

Feel free to peek in the front windows to see Katie's art. She is working on a few more pieces to hang and will be finished soon.

If you want to get a closer look then please join us as we open our doors for the July Trolley Tour - the last Friday of the month from 6 p.m. to 8:30 p.m. for you to see the art and/or ask our Personal Trainers any fitness related questions you have.

**Drinks:** Most people don't realize that beverages play a big role in summer weight gain. Margaritas, beer, soda pop and punch all contain tons of empty calories. Try the following:

- Drink water, it is always your healthiest option
- Stick with light beer (if you really want to drink beer)
- If you have to have a soda pop stick with diet
- Brew unsweetened ice tea and serve with lemon

**Dessert:** Yes, there are ways to satisfy your sweet tooth while staying healthy. Think outside of the box instead of turning to the typical fattening options like ice cream, pie, cake or cookies. Try the following:

- Grill mango, banana and pineapple on kabobs
- Frozen grapes
- Stick with sorbet instead of ice cream
- Replace peach pie with grilled peach halves
- Choose light ice cream over regular

Remember, it's ok to splurge every once in a while. Enjoy yourself. Just keep in mind that by taking a few of the above suggestions you can enjoy great food while getting back into great shape.

Want to shape up even more this summer? Call 901.523.2348 to schedule a facility tour or a no obligation fitness consultation.

### Protein is Essential to meet Fitness Goals

Most people know that **protein** is necessary to build muscle, but it can be hard to figure out the best way to get **protein**. **In fact, if you work out without getting enough protein (and worse, not eating enough calories at all), you could actually be losing muscle instead of fat.**

Meat is the most common source of **protein** in most people's diets. If you're having meat at your meal, make sure it's as lean a cut as possible, and try to mix it up. The bulk of the meat you eat should come from fish, white meat chicken, or white meat turkey if you're looking to lose weight or stay healthy. Steak may be tasty, but **a diet high in red meat is hard on the digestive tract, especially the colon. A diet too rich in protein can strain the kidneys, and a lot of dishes with high meat contents are also high in fat and calories.**

You can get all the **protein** you need without eating any animal products at all. You don't have to cut out meat and dairy entirely to be healthy, but they are more likely to contain fats, saturated fats, and cholesterol, which is only found in animal products. **Soy**, in any of it's various forms, offers complete **proteins**, but women especially should not

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over do it. Too much **soy** has been linked to certain types of cancer in women. The best way to cut fat and increase **protein** is to combine a variety of **vegetables, nuts, legumes** and **grains** into your diet. A lot of people know that **beans** and **rice** together make a complete **protein**, **but there's hundreds of combinations that will add up to the essential amino acids your body needs. Current research even suggests that you don't have to combine foods at the same meal, but rather by maintaining a varied diet through out the day, you can meet your protein needs.** If you're really looking to cut calories or build more muscle quickly, using a **protein** supplement such as a whey mix can replace a meal, and it's a great way to help your body recover after a hard work out.

### Sunny Day Grilled Chicken



Serve this delicious grilled chicken at your next barbecue. The honey-mustard glaze has a wonderful tangy flavor. Remember to add healthy side dishes for a summer meal that will satisfy without weighing you down.

**Servings: 6**

#### Here's what you need...

- 4 Tablespoons honey or agave nectar
  - 4 Tablespoons spicy mustard
  - 1 teaspoon grated lemon peel
  - 2 teaspoons low-sodium soy sauce
  - 1/2 teaspoon minced garlic
  - 6 boneless, skinless chicken breasts
1. Pre-heat your grill. If using coals, heat until the coals turn gray and there are no longer strong flames, 35-45 minutes.
  2. Combine honey, mustard, lemon peel, soy sauce and garlic. Mix well. Reserve a few tablespoons of the sauce. Add chicken and marinate in the refrigerator for 40 minutes.
  3. Cook the chicken 5 to 6 minutes per side. Brush with the reserved sauce, and continue cooking for an additional 3 to 4 minutes per side, until chicken registers 170 degrees F on a meat thermometer.

**Nutritional Analysis:** One serving equals: 183 calories, 2g fat, 13g carbohydrate, 0g fiber, and 28g protein.

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