



Get Inspired to Move that BODY - July 2007

In This Issue

Client Spotlight - Adam Slovis

It's Hot - Be nice to your skin.

Tonya's follow up article on
Chiropractic Care.

Tomatoes anyone?

Quick Links

www.energymemphis.com

www.MonavieMemphis.com

www.ProgradeMemphis.com

Hello Health Nuts or "Wanna Be" Health Nuts!

Join us for Trolley Tour this Friday, July 27th, 6 - 9 p.m. The last Friday of each month is the only day we open our doors for visitors to view our facility and meet some of our trainers without an appointment. Come by and see how we can help you or a loved one start on the road to feeling and looking better.

This September will mark 5 Years Energy Fitness has been Shaping Up Downtown Memphis. Join us in a number of fun filled events celebrating our September Birthday. *Save the date - Friday, September 28 - Trolley Night* (more details in August Issue).

Yours in Health,

Tonya Tittle, M.S.
Owner/Director of Training
Energy Fitness 552 South Main

Client Spotlight - Adam Slovis

1. What is your biggest accomplishment at Energy Fitness?

OVERALL FITNESS!

weight loss, energy level, heart rate, lowering my cholesterol, and maintaining good health.

2. How long have you been training at Energy Fitness? Almost 2 years

3. What is your favorite movie?
History of The World Part 1

4. What is your favorite exercise?
Mountain Biking

5. What is your favorite food?
Pizza. No anchovies!

6. List three words that describe you.
Caring, Passionate, Witty

7. What is your advice for someone who is just now starting to exercise?
You must be ready mentally to commit yourself to working out on a regular basis at Energy and on your own. Don't try and do everything at once. Taking small steps in a positive direction and sticking with it seems to be the best ways to change habits.



Since Adam was nice enough to let us spotlight him I thought we would return the favor by including one of his business links www.mainstreetflats.com .

How to Have Fun in the Sun, Safely

Sunburn is better prevented than treated. Besides being painful, sunburn ages the skin and puts people at greater risk for skin cancer. The sun's rays are at their peak between 11:00AM to 3:00PM., so avoid being in the sun those hours. Wearing protective clothing and using sunscreen offer the best protection against sunburn for those who must be in the sun.

The SPF (sun protection factor) number on a sunscreen product will tell the user how effective the product is against the effects of the sun. Most physicians recommend a sunscreen of at least SPF 15 for adults and children. Sunscreen should be reapplied after extended time



in the sun, excessive sweating, or swimming.

Make sure the sunscreen protects against ultraviolet A (UVA) and ultraviolet B (UVB) sunlight. The SPF rating applies only to UVB rays.

It is advised that sunscreen not be used on very young children. To prevent sunburn on very young children, keep them out of the sun and dress them in protective clothing.

Take 1,000 IU/day of vitamin E and 2,000mg/day of Vitamin C as supplements for protection if you cannot avoid being in the sun.

Tonya's Follow-Up Article on Chiropractic Care.

As some of you know a few months ago I started researching the pros and cons of chiropractic care. I am frequently asked by my clients and others about this type of treatment. My research including receiving about 8 to 10 adjustments over the course of 4 or 5 weeks from only one chiropractor as well as quizzing clients that had have this type of care themselves.

My professional opinion for what it's worth is that I do see the value for individuals bodies that have undergone trauma such as car accidents and the like. For apparently healthy individuals I believe that for the adjustments to "hold" then regular massage, stretching, exercising, good diet including a diet rich in antioxidants, quality sleep (including a proper pillow, mattress, and sleeping on your back or side) must be followed or else it's just a quick fix. I personally did not feel any difference from getting adjustments because I had no pain to begin with. I had a difference in leg length as does almost everyone, so I bought an inexpensive heel lift and put in the shoe of the shorter leg and it seemed to help with my running gait.

In future issues of our newsletter we will be including the following: pictures of stretches and/or exercises to relieve and sometimes prevent pain in the areas of the neck, shoulder, back, it band, knees, and etc.

Tomatoes, Tomatoes, Tomatoes!

By Lisa Sanchez

It used to be that fruits and vegetables were only available seasonally. Lettuce in the spring, corn in the summer, and beets in the fall. Now, any fruit or vegetable you can think of is in your supermarket year 'round. Carombola's in February? Check. Kumquats in December? Got it.



Tomatoes remain the exception. Florida tomatoes in January? Sorry. Ripley tomatoes in June? Boy howdy, you better act fast. Here in the Mid-South, we're lucky because we can

grow our own, or know someone who does, a labor of love in the sun, cultivating the best ripe, red tomatoes you are going to find anywhere.

So stew'em while you got 'em. Tomatoes are known for lowering your chances of many different cancers, probably, because of lycopene, the chemical that makes that beautiful red color. And don't forget they are a great source of vitamin C and A.

Don't worry, when the season's over, keep eating canned because the lycopene is even more concentrated because of the cooking, which breaks down the cells and make it more intense.

Here is my new favorite, quick and easy way to use up tomatoes.

Tomato/Strawberry Gazpacho soup

1lb. Tomatoes

1lb. Strawberries

1TB. Balsamic Vinegar

Put in blender and puree.

So easy and so yummy.

[Forward email](#)

✉ [SafeUnsubscribe®](#)

This email was sent to user865276@aol.com, by info@energymemphis.com
[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Email Marketing by



Energy Fitness | 552 South Main Street | 901-523-2348 | Memphis | TN | 38103