

**Energy Fitness Memphis Newsletter**  
*Motivation, Tips and "Insider" Secrets to Your Best Body . . . NOW!*  
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## Month: January 2011, **What You May Not Know About Stress**

How's your New Year's resolutions coming? Still going strong?

Either way, don't stress (literally). Stressing out not only helps make you fat ... it can be the end of you. Keep reading and find out why....

What You Might Not Know About Stress Could (Literally) Kill You. We all have stress to one degree or another.

Work, finances, health, relationships, you name it. Stress is everywhere in our modern society. Learning how to manage, however, can mean a healthier, longer life. Mainstream medicine is finally making the connection between your emotions and your health. Shyam Prabhakaran, M.D., head of cerebrovascular disease and neurocritical care at Rush University Medical Center confirms this in a recent article stating "Now we're realizing how interwoven emotions and [diseases] are." In some ways, I think we all know stress is bad. What's surprising though, is just how bad.

For example did you know stress raises your blood pressure and makes your blood stickier? This makes for a perfect recipe for a blood clot which can lead to a stroke. And consider this: A recent National Institute On Aging study found that people who were aggressive and angry most of the time had thicker carotid arteries than those who were more calm and easygoing. If severe enough, a thickened carotid artery may clot and block blood-flow to the brain.

So the lesson to be learned? Relax. Eliminate as much stress as you can in your life.

Here are a 4 great ways to do that:

1. Take up a meditative practice. Yoga is a great choice. You'll work on your flexibility and strength - all while relaxing! Other choices include Tai Chi or traditional meditation.
2. Breathe. Believe it or not, deep breathing is a great stress reliever you can use at any time. Simply take a deep breath in through your nose. Hold your breath for a count of 3 and then slowly exhale through the mouth. Do this at least 5 times next time you start feeling anxious or worried.
3. Exercise. Working out is a proven stress-reliever. As you work out, your body releases endorphins, those "feel good" hormones that will brighten up your day and let you toss your worries aside.

4. Put things in perspective. Sometimes all you need to relieve a little stress is to realize that the problems or situation may not be as bad as you think. Socrates wrote to this very point, expressing that if all our misfortunes were laid in one common heap, where each had to take an equal portion, most would be content to take their own."

Constant stress seems like the norm in today's world. But it doesn't have to be that way. Take some time out to relax ... reduce your worry ... and enjoy life a little more each day.

And by the way ... if you're stressing about your health, why not take advantage of your FREE Fitness Consultation? (an \$87 value) During this consult, you'll receive detailed information on how to get fit and trim that's tailored to YOUR body. It's the worry and stress-free way to get fit this year. There's no obligation and it's totally and completely free.

Quote Corner: "Give your stress wings and let it fly away" - Terri Guillemets

Eat Yourself Thin - Recipe

Ginger Glazed Mahi Mahi (Serves Four)

3 tablespoons honey	3 tablespoons soy sauce	3 tablespoons balsamic vinegar
1 teaspoon grated fresh ginger root	1 clove garlic crushed or to taste	2 teaspoons olive oil
4 (6 ounce) mahi mahi fillets	Salt and pepper to taste	1 tablespoon vegetable oil

1. In a shallow glass dish, stir together the honey, soy sauce, balsamic vinegar, ginger, garlic and olive oil. Season fish fillets with salt and pepper, and place them into the dish. If the fillets have skin on them, place them skin side down. Cover, and refrigerate for 20 minutes to marinate.
2. Heat vegetable oil in a large skillet over medium-high heat. Remove fish from the dish and reserve marinade. Fry fish for 4 to 6 minutes on each side, turning only once, until fish flakes easily with a fork. Remove fillets to a serving platter and keep warm.
3. Pour reserved marinade into the skillet, and heat over medium heat until mixture reduces to a glaze consistency. Spoon glaze over fish, and serve immediately.

Prep: 5 mins    Cook: 12 mins    Ready: 37 mins

Amount Per Serving - Calories: 259 / Total Fat: 7g /

Cholesterol: 124mg / Sodium: 830mg / Total Carbs: 16g /

Dietary Fiber: 0.2g / Protein 32.4g

Recipe from AllRecipes.com