

**Energy Fitness Memphis Newsletter**  
*Motivation, Tips and "Insider" Secrets to Your Best Body . . . NOW!*  
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February 2011 **Weird Tip For Eating Less**

One of the toughest parts of staying fit is sticking with your nutrition plan. That's why today I'd like to give you the secret that will automatically have you eating less before every meal. Oh, and have a happy Valentine's Day!

*Yours For Health,*

*Tonya Tittle, Premier Health & Fitness Expert*

1 "Weird" Tip To Eating Less At Every Meal You've heard it time and time again...To lose weight you have to eat less and move more. Exercising more is easy. You just get off your butt and workout. Where most people have a problem is saying "no" to delicious food that's bad for your waistline. Well, I just came across a fascinating study that reveals a simple technique that could have you eating less at every meal (even if you're about to eat your favorite food, like chocolate, for example). I like to call it the imagination diet.

Here's the scoop...A study at Carnegie Mellon University took two groups of people.

One group was told to visualize eating 30 M&Ms and putting 3 quarters into a washing machine.

The other group was told to visualize putting 30 quarters into the washing machine and then eating 3 M&Ms.

Then, the researchers told the volunteers to eat some M&Ms out of a bowl that was placed in front

of them, in preparation for a "taste test." After each volunteer, they weighed the bowl to see how much the volunteer had eaten.

Here's where it gets fascinating...The group that visualized eating 30 M&Ms ate HALF as many as the group that visualized eating 3. To make sure this wasn't coincidence, the researchers performed the experiment four more times with other people. And in every single trial, the volunteers that visualized eating 30 M&Ms ate HALF as much. According to the lead researcher, "Merely thinking of a food does increase our appetite for the food, but if we perform the mental imagery that would accompany its actual consumption, this kind of thought actually decreases our desire for the food." So how can you use this to reach your fitness goals?

Anytime you feel like cheating or having a kind of food you know you shouldn't... try visualizing eating it 30

times first. Make the experience as real as you can. Chances are, you'll find yourself eating a LOT LESS! (while still enjoying it just as much). Or better yet, you'll find that they craving for it went away completely. As you know, nutrition accounts for about 90% of your success. So go ahead and use this tip as often as is necessary! One more thing - If you're serious about taking control of your health and physique, then make sure you 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. There's no obligation and it's totally and completely free. To sign up, click below:

#### Quote Corner

"Limitations live only in our minds. But if we use our imaginations, our possibilities become limitless."

- Jamie Paolinetti

#### Eat Yourself Thin- Recipe

##### Garlic Salmon (Serves Six)

1 1/2 pounds salmon fillet	Salt and pepper to taste	3 cloves garlic, minced
1 sprig fresh dill, chopped	5 slices lemon	5 sprigs fresh dill weed
2 green onions, chopped		

1. Preheat oven to 450 degrees F (230 degrees C). Spray two large pieces of aluminum foil with cooking spray.
2. Place salmon fillet on top of one piece of foil. Sprinkle salmon with salt, pepper, garlic and chopped dill. Arrange lemon slices on top of fillet and place a sprig of dill on top of each lemon slice. Sprinkle fillet with chopped scallions.
3. Cover salmon with second piece of foil and pinch together foil to tightly seal. Place on a baking sheet or in a large baking dish.
4. Bake in preheated oven for 20 to 25 minutes, until salmon flakes easily.

Prep: 15 mins      Cook: 25 mins      Ready: 40 mins

Amount Per Serving - Calories: 169 / Total Fat:

6.7g / Cholesterol: 51mg / Sodium: 48mg / Total Carbs:

2.1g / Dietary Fiber: 0.7g / Protein 24.6g

Recipe from AllRecipes.com.