

**Energy Fitness Memphis Newsletter**  
*Motivation, Tips and "Insider" Secrets to Your Best Body . . . NOW!*  
**Personal Training Downtown Memphis Since 2002**



## April 2011 You Can Do This Anywhere, Anytime

It's Springtime!

Time to start clearing the cobwebs...organizing... and cleaning all those areas you've been meaning to clean for the past few weeks (or months!). And it's also time to start changing up your workouts, and giving your body some fresh, new exercises to work with. Today, I'm going to give you 5 great exercises you can start doing immediately.

*Yours For Health,*

*Tonya Tittle, Memphis' Premier Health & Fitness Expert*

### **5 "Anytime, Anywhere" Exercises That Will Keep You Lean, Toned and Strong**

From time to time, it's always a good idea to change things up with your workouts. This prevents your body from adapting and getting used to the same workout that's done over and over. That's why today I'd like to give you 5 exercises you can use to change things up a bit... and keep your body from guessing what you'll do next. These exercises can be done anywhere, since they're bodyweight exercises. Mix and match them between your normal workouts for best results.

Here they are:

**Pushup:** This old classic is effective since it involves your chest, triceps and shoulders (deltoids). Do 3 sets of 10-20 reps. If you have trouble doing a regular pushup, try a modified pushup. Do this by placing both your knees on the floor, while keeping the rest of your upper body in the pushup position. If you struggle on bench press, try pushups only for about four weeks. Then go back to benching again. You'll be pleasantly surprised when you do!

**Triceps pushups:** Same as above, except bring your hands closer together. Your thumbs should be nearly touching. Now do a pushup from this starting position. This will help tone your triceps (the bottom of your arm) and help you get rid of the "jiggly" arm fat many people can't stand. Check out in the video section our

website as I did a news interview on how to get rid of flabby arms and this was one of the exercises I demonstrated.

**Jump Squats:** Start in a squatting position with feet, shoulder-width apart. Jump as hard as you can, at the same time extending your arms towards the ceiling. This will help you burn fat like crazy, since this exercise will have you huffin' and puffin', burning calories left and right.

**Prisoner Squats:** Start by clasping your hands behind your head, and try to keep your elbows at a 180 degree angle (push them back, towards your head.) Now, with your feet shoulder-width apart, squat down and then come back up. Repeat 20-30 times.

**Plank:** Get into a pushup position. Now, let your arms rest on the floor, while still holding yourself up. Hold this position for a count of 30. Repeat 5-10 times. Well, there you have it. Five easy-to-do exercises you can do from anywhere, at anytime! And by the way ... if you're serious about taking your health and fitness to the next level, 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 by summertime. There's no obligation and it's totally and completely free. To sign up, click on the button free consultation on our website.

**Quote Corner:** "The only way to keep your health is to eat what you don't want, drink what you don't like, and do what you'd rather not." - Mark Twain

**Eat Yourself Thin / Recipe:** Burgundy Pork Tenderloin (Serves Four)

2 pounds pork tenderloin    1/2 teaspoon salt    1/2 teaspoon ground black pepper    1/2 teaspoon garlic powder  
1/2 onion, thinly sliced    1 stalk celery, chopped    2 cups red wine    1 (.75 ounce) packet dry brown gravy

1. Preheat oven to 350 degrees F (175 degrees C).
2. Place pork in a 9x13 inch baking dish, and sprinkle meat with salt, pepper and garlic powder. Top with onion and celery, and pour wine over all.
3. Bake in the preheated oven for 45 minutes.
4. When done baking, remove meat from baking dish, and place on a serving platter. Pour gravy mix into baking dish with wine and cooking juices, and stir until thickened. Slice meat, and cover with the gravy.

Prep: 30 mins                      Cook: 1 hour                      Ready: 1 hour 30 mins    Amount Per Serving - Calories: 400 /

Total Fat: 8.6g / Cholesterol: 148mg / Sodium: 676mg / Total Carbs: 8.2g / Dietary Fiber:0.6g / Protein 47.8g  
Recipe from AllRecipes.com.

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