

Energy Fitness Newsletter

03/15/2010



Congrats to Sharon Leichum proudly displaying her medal from the New Orleans half marathon.



Remember the last newsletter we sent with a pic of Amy Good, owner of Memphis Health and Fitness Magazine doing the stairs on the river?

She sent us this photo last week with these remarks in the e-mail:

"Just in case your wondering I climbed these steps. All 306 of them! made it a workout and thought of you."



Tonya

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Funny Things Said while working out:)

(said while doing abs on the bosu ball) It's so easy to gain weight but so hard to lose it. (her timing and delivery was great - we all had a good laugh).

Tamera Hammonds, courier

*I was walking through the airport by a window, saw my reflection and and said to myself who's that fata**.*

Don Hutson, motivational speaker

Want a Free 45 min. Consultation?

<http://www.energymemphis.com/complimentary.html>

Check Out these Links:

[How to lose those stubborn pounds & other topics, Tonya's radio interviews from Womens Wisdom Network](#)

[OUR BLOG - very helpful nutrition and other info.](#)



YOU GO GIRL!!!! That's the way to keep weight off during vacation. We are so proud of you and will see you when you get back.

What Are You Doing to make your health work for you?
If you need accountability and a professional working for your better health Give Us A Call at 901.523.2348

7 Reasons Why You Can't Lose Weight

[Train2Tri \(triathlon training group\)](#)

[Memphis Farmer's Market](#)

[Juice Plus](#)

[Fashion Academy](#)



Juice Plus: Energy Fitness' Favorite Vitamin! (the next best thing to fruit & veggies)

There are few things more frustrating than not being able to lose weight.

You want to be slimmer and to tone your body, but your weight won't budge.

Read the following 7 Weight Loss Blockers to discover what is standing in your way and how to quickly and easily begin your weight loss journey.

Blocker #1: Your Mind

Your mind is your number one ally when it comes to achieving your goals. However, until your mind has been programmed for success, it will do more to derail your efforts than to help you.

- Take a few moments each day to visualize yourself at your ideal weight. Imagine how it feels to look the way you've always wanted.
- Protect your mind from any negative self talk. If a negative thought comes to mind, immediately reject it.
- You want to be thin and fit, and yet you think of yourself as out-of-shape and fat. Re-program your mind to think of yourself as fit and attractive, and you will be well on your way toward achieving your goal.
- Give up the belief that you can't achieve the body you've always dreamed of. See it first in your mind, and then in the mirror.

Blocker #2: Your Fear

Change makes most of us nervous – even if it is a change in the right direction. You may not be consciously aware of the fear you have of getting into shape. Until you conquer this fear, your weight loss efforts will be blocked by self sabotage.

Professional speaker and author, Anthony Robbins, has outlined three specific beliefs that you must have in order to conquer your fear and instantly create a lasting change.

- Believe that something **MUST** change. You can't be wishy-washy about it. You can't be considering it. You can't even be pretty sure about it. You've got to be rock solid.
- Believe that **YOU** must change it. You can't pass the buck of responsibility and expect to lose weight. It's on your shoulders. Other people will prove to be great assets in your journey, but in the end you are the one who is going to make it happen. You have to want this weight loss enough to make it your personal mission.
- Believe you **CAN** change it. You may have failed in the past, but that doesn't matter. When you put your mind to it, you're able to do amazing things. Do you believe that you are capable of losing weight? Once you own the belief that you can, you'll be unstoppable.

Blocker #3: Your Excuses

Your excuses for being out-of-shape are getting old. An excuse takes less immediate effort than an action, but in the long run the action taker always has the advantage. Don't allow excuses to ruin your life any longer.

- Don't skip out on your responsibilities with excuses, instead expect more from yourself.
- Focus on the big reason why you are losing the weight. Make a list of the benefits you'll enjoy once you achieve your goal, and read them first thing each morning.
- Remember that you can only have two things in life: excuses or results. Which do you want?

Blocker #4: Your Commitment

How many times have you tried to lose weight, only to give up a week or two later? We live in a commitment-phobic world, so it's no wonder that you routinely abandon your goals. If you truly want to lose weight then your commitment to the process is a must.

- The margin between success and failure is bridged by your commitment. Don't give up until your goal has been achieved.
- Treat exercise with the same importance as a work meeting, and you'll never skip it at the last minute. Find three available 60-minute time slots in your schedule and mark them (in pen) on your calendar. Now stick to your schedule.
- If you don't give up, then you'll never fail.

Blocker #5: Your Diet

If you consistently eat the wrong food, then your weight loss efforts will all be in vain. To put it bluntly, you need to stop eating junk. Processed foods, refined sugar and high fructose corn syrup do not belong in your diet if you want to be in great shape. Cut these items out of your diet and replace them with real whole foods like lean meats, vegetables, whole grains, nuts and fruits.

- Don't eat processed foods. Even though processed foods are accepted by our society, they contain tons of chemicals and empty calories that will make you sick and fat.
- Fat contains twice the caloric density of protein and carbohydrates, so make sure to limit the amount that you consume. Eat lots of lean proteins and wholesome carbohydrates from plants and whole grains.
- Vegetables, whole grains, fruits, nuts and seeds are filled with fiber and antioxidants which are vital for healthy weight loss. Snack on these instead of packaged treats.

Blocker #6: Your Patience

It takes time to transform your body from fat to fit, even though you want it to happen overnight. Remind yourself that it took time to put the weight on, so it will take time to take the weight off. When you find your patience wavering, or when you encounter a frustrating plateau, do the following:

- Review your goal. Is it specific and measurable? Is it small and attainable, rather than monumental? Focus on your goal when the going gets tough.
- Make each workout a new experience. Challenge your body with different resistance, new exercises and a varied pace.

- Remember that anyone can have one great workout, but that won't get you the body you want. The only way to achieve your goal is by consistently exercising and eating right, plain and simple.

Blocker #7: Your Support

People who exercise alone are less challenged, less accountable and are more likely to fail. It makes sense. Who would rush to the gym if no one is waiting for them? Who would push themselves if no one was paying attention? Exercising alone is a recipe for disaster.

- Find a workout partner who is in better shape than you, or better yet, work with me, your local fitness expert, to guarantee your results.
- I am passionate about seeing you achieve results - don't waste your time, energy and effort on mistakes.
- When you start a program with me, you suddenly have the upper hand on weight loss. I'll be in your corner, coaching you each step of the way, keeping you accountable to workouts and giving you that dose of encouragement when you need it most.

Get serious about your results and begin the last weight loss program that you'll ever do.

Call or email today to schedule your first workout. *You'll find my contact info in this newsletter.*

Write & Review

You could be making a valiant effort to lose weight, but if you eat too much each day then the number on your scale will not budge. Even if you think that you're limiting calories, you won't know unless you do a little research.

Get a small notebook to carry with you and jot down everything you eat for an entire week. Be sure to include the exact amount that you eat of each food item. At the end of the week do a tally of each day, and then figure out how many calories you eat on an average day.

Review your daily entries for items that are filled with empty calories – like cookies, candy or soda pop. These should be the first things that you cut out of your diet as you transform your body.

White Bean Ratatouille

Ratatouille is a dish of cooked vegetables that originated in southern France. It is hearty and satisfying, like comfort food, with none of the guilt. This version contains white beans which add protein and have a wonderful texture. Serve it hot or cold, either way this dish is sure to please.



Yield: 8 servings

Here's what you need:

- 1 large-size globe eggplant, cut in 1/2 inch cubes
- 1 tablespoon water, for sautéing
- 2 medium-size red onions, sliced
- 3 medium-size zucchini, cut in 1/2 inch cubes
- 2 red bell peppers, cut into 1/2 inch squares
- 4 garlic cloves, minced
- 1/4 cup dry white wine
- 1 cup vegetable stock
- 4 tomatoes, seeded and roughly chopped (or 2 cans - 15 oz each – fire roasted diced tomatoes)
- 1 tablespoon chopped fresh parsley
- 1/2 teaspoon dried thyme
- 1/2 teaspoon dried oregano
- 2 bay leaves
- 2 (15oz) cans white beans, drained and rinsed
- Salt and fresh group pepper, to taste
- 1/2 cup finely chopped fresh basil

1. Steam eggplant cubes for 10 minutes. Heat the water in a large-size sauté pan, add onions and cook, for 5 minutes.
2. Add zucchini and bell peppers and cook, stirring often, for another 5 minutes. Add steamed eggplant and cook another 5 minutes, then add garlic.
3. Add wine and stock. Bring to a boil over high heat, then reduce heat to medium-high and stir in tomatoes, parsley, thyme, oregano, and bay leaves. Reduce heat, cover, and simmer gently for 15 minutes, stirring occasionally.
4. Add beans to skillet, stirring well to combine. Cook, uncovered, until vegetables are tender but not mushy and liquids have thickened, stirring occasionally for another 5 minutes. Season with salt to taste.
5. Remove skillet from heat, remove the bay leaves, and stir in chopped basil.

Nutritional Analysis: One serving equals: 195 calories, 1g fat, 38g carbohydrate, 11.5g fiber, and 9.5g protein.

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