

The Action Taker in You

Spring is here and that means one thing - it's time for spring cleaning.

The word alone conjures up the image of a garage too filled with junk to walk through, let alone park a car, and closets filled to capacity.

When things get this out of hand it's easy to just give up.

Why put your shoes on the rack when you'd have to climb over a stack of newspapers to reach it? It's easier to throw them down by the door. Why hang your coat up when the closet is a disaster area? It's easier to drop it over the back of a chair.

What does this have to do with fitness and weight loss? It's actually a striking analogy for where many of my clients are before they find me.

They've given up.

Why eat a salad when you're thirty pounds overweight? It's easier to enjoy a heaping plate of pasta. Why go to the gym after work when it will just make you sore? It's easier to relax on the couch.

Living life with unwanted excess weight is like allowing your garage to stay clogged with junk. It's a discouraging place to be.

The good news is that you aren't stuck.

In the same way that you take a weekend to roll up your sleeves and get that garage cleaned out, it's time to take a month or two (or more depending on where you are in relation to your goals) and drop down to your ideal weight.

I know I'm making it sound easy, and when you approach it this way it is easy.

Beware: There are two ways to approach weight loss, one will leave you discouraged and frustrated while the other will get you fit. Which approach do you use? Read on to find out...

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Testimonials

"Sharing my trainer during partner or group sessions motivates me to work harder and stay focused. Having a trainer and an appointment makes me do it or else I would blow it off two-thirds of the time. I want to feel better and be healthy for my young children."
Todd Walker, Archimania

"Our firm appreciates all of the benefits of Energy's Circuit Classes. The professional services Tonya and her staff offer in the way of programs and training have been invaluable."
Rebecca Adelman, Owner, The Law and Mediation Offices of Rebecca Adelman, PLC

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The Diet Dabblers

You know this person. Every month they are trying out a new diet, one week they can't eat carbs and the next week they are only eating soup. They feel guilty about food and are unable to experience the results that they want.

Exercise is equally as spotty and is done in bursts. One month they power walk on their lunch break, a few months later they try taking a class at the gym. Results aren't achieved and the programs are abandoned.

Maybe you can relate.

The entire problem with the Diet Dabblers mentality is their lack of consistency. The only thing consistent is that their frustration grows with every failed attempt and their weight continues to rise.

The Action Taker

You also know this person. This is that guy or gal who buckled down and lost the weight with the use of a massive plan of action. They teamed up with a professional, they stuck with a diet plan and they exercised hard. And in a short time their body was transformed.

Guess what? Now that Action Taker is in maintenance mode-the best place to be. They look great, they feel great, their clothes fit just right and they're loving every minute of it.

Maybe you're thinking "I tried to lose the weight and it didn't work, so this won't work for me either." Forgive me for putting it bluntly, but you're wrong.

Maybe you've dabbled with diets and exercise only to come away frustrated. I understand. Many of my clients have experienced that same frustration before they found me.

Here's the bottom line: it's time to tap into your inner Action Taker, roll up your sleeves and do what it takes to drop down to your ideal weight.

Get serious about your results and begin the last weight loss program that you'll ever do. Contact me today to get started on a program that will deliver results.

Then you can kick your diet dabbling days to the curb.

It's Just a Number

We spend so much time worrying about getting the number on the scale to drop that it's easy to get discouraged when your weight loss slows for a time. When you workout hard and eat right your body gains muscle while losing fat-this isn't shown by the number on the scale. It's shown by inches lost, in the way your clothes fit better than ever, and in how you look and feel amazing.

Flax Meal Protein Cakes



Who doesn't love pancakes? Here's a recipe that you can enjoy guilt free. These pancakes are packed with protein and contain omega-3 fatty acid from the flax meal. Omega-3 fatty acids are not manufactured naturally in your body, and thus must come from your diet as they are essential for growth and development. Servings: 2

Here's what you need...

- 1 egg and 2 egg whites
 - 2/3 cup nonfat cottage cheese
 - 1/2 cup whole grain cornmeal
 - 2 tablespoon whole wheat flour
 - 1 teaspoon baking powder
 - 1 tablespoon sugar
 - 1/3 cup nonfat milk
 - 2 tablespoon flax meal
 - 1 teaspoon grated lemon peel
 - Sliced banana *optional*
1. Place all ingredients in a blender and blend until smooth.
 2. Bake on a 350-degree griddle lightly greased with cooking spray. Serve with sliced banana.

Nutritional Analysis: One serving equals: 264 calories, 4g fat, 39g carbohydrate, 3g fiber, and 20g protein.

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