



Tonya's Take- an E-Fitness Newsletter

May 2007

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Greetings!

Happy Spring! Hopefully you all have been able to spend some time exercising outdoors and are enjoying the great weather we've been having. In this issue of your newsletter and in future issues we will be providing you with some healthy food ideas as well as some healthy recipes. This month Lisa Sanchez has provided a couple of recipes as well as some really good tips on how to use Honey. Please see below!

Please help us welcome Ain Moss, LMT to Energy Fitness. Ain has a wonderful pair of healing hands. She is available for 1 hour and 1/2 hour massage as well as 'chair massage' in which you are charged by the minute! Call Ain or Energy Fitness to schedule your appointment or spend a few minutes on yourself after your next session with a chair massage.

Monthly Updates:

1. Tonya and Lisa to appear on cover of Memphis Health and Fitness (May Issue)
2. Ask your trainer about Prograde Supplements
3. Remember to ask for your Post Recovery Shake after every workout
4. Starting Next Month: Monthly Client Success Story
5. Get your MONAVIE- by the shot or by the bottle -see acai article below

DID YOU KNOW? - Never wash your athletic shoes in the washing machine. It breaks down the technical fibers. You should replace your shoes every six months to one year depending on your activity level. Runners should replace their shoes every 300 miles.

[What to do with Honey- by Lisa Sanchez](#)



What to do with honey? If you were like me growing up, honey was always a gooey, sweet food that you never knew what to do with. I remember seeing it on the shelf in the plastic bear squeeze bottle and looking great. Now that I'm older and enjoy cooking, I have seen many recipes that call for honey, so I decided to do some research on the benefits of it and what you could do with it. The information was endless and so were the benefits. Here are just a few:

Because bees process from flowers around them, eating local honey may prevent seasonal allergies. Look for two local honey vendors at the Downtown Farmers Market, coming soon. - Because honey contains vitamins, minerals, and amino acids, it can be a terrific beauty aid that nourishes skin and hair. - Honey acts as an antibacterial and antifungal agent, helping speed the healing process in wounds and burns. - According to a recent study by the University of Illinois at Urbana-Champaign, honey may be a healthier alternative to corn syrup and could be used in place of bulk sweeteners. - Eating honey along with supplemental calcium appeared to enhance calcium absorption in rats, according to a study from Purdue University. - A University of California at Davis study, where 25 people ate 4-10 tablespoons of honey a day for a month resulted in higher levels of antioxidants in the body, which can provide defense against free radicals which can cause cell damage. So grab your spoon and honey pot!!! Too extreme? Here are some other ways to get more honey into your diet:

1. Mix with Greek yogurt with nuts and fruit
2. Use with olive oil and specialty vinegars like fig, champagne and white wine to make a healthy dressing for salads
3. Add to tea with lemon
4. Supplement your morning oatmeal
5. Drizzle over fruit salads
6. GET CREATIVE!

Honey Bran Muffin Recipe



BRAN MUFFINS WITH HONEY Yield: 12 muffins 1/2 cup buttermilk or plain yogurt (or 1/2 cup milk mixed with 1 teaspoon vinegar and set aside for 5 to 10 minutes) 1-1/2 cups bran cereal (such as All-Bran or Bran Buds) 1 cup hot water 1/3 cup honey 1/4 cup canola oil 1/2 teaspoon salt 1 egg or 2 egg whites, beaten 1 teaspoon baking soda 1-1/2 cups flour, (half whole wheat and half white) Optional: 1/2 cup raisins; 1/4 cup chopped nuts; 2 tablespoons poppy seeds or sunflower seeds. 1. Preheat the oven to 400°. Line muffin tin with paper baking cup or use a nonstick muffin pan. 2. Combine the bran cereal, hot water, honey, oil, salt, and egg. Let stand for 1 or 2 minutes. 3. Add buttermilk or yogurt, then the flour with the baking soda stirred into it. Mix gently until just blended. Do not overbeat. 5. Fill the muffin cups 2/3 full. 6. Bake for 20 to 25 minutes. **Nutrition information: Calories per muffin: 160**

Weight Loss Benefits of Massage?



AIN MOSS, LMT - There is no question that having a massage makes you feel great. Even having a deep-tissue, sports massage makes you feel wonderful afterwards. Massage can relieve stress, help you recover from hard physical activity or injury and even reduce anxiety, but can it help you to achieve your weight loss goals? Research shows that massage can have a positive effect on your muscle-building capabilities and fitness levels, which in turn increases your capacity to control or lose weight. Healthy strong muscles burn calories and give you the freedom to participate in all sorts of sports

and activities that can help you burn excess calories and improve your overall fitness and wellbeing. Massage has the following benefits that can directly influence your ability to control or lose weight:

Massage has been shown to improve circulation and the supply of nutrition to the muscles. After muscles are exercised, vital nutrients must be supplied to them so that they can recover and rebuild themselves. Massage maximizes the supply of these nutrients and oxygen through increased blood flow, which helps the muscles to grow and burn more calories as a result. Massage helps to shorten the recovery time needed between your workouts. Waste products such as lactic and carbonic acid build up in muscles during and after exercise. Increased circulation to these muscles helps to eliminate toxic debris buildup caused by these waste products and in doing so shorten recovery time. **In addition to all of the above, massage may directly aid in fat loss.** According to some research studies, massage is thought to be able to burst the fat capsule in subcutaneous tissue so that the fat exudes and becomes absorbed. In this way, combined with proper nutrition and exercise, massage may actually help in weight loss. *Regular massage is just as important a component as regular workouts and correct nutrition in any comprehensive fitness and weight loss program, which is great news for those of us who thought that exercising and losing weight was all hard work!* Remember, weight loss is all about leading a balanced lifestyle and massage is an essential part of any balanced lifestyle. If you haven't had a massage lately, what are you waiting for? Get on the phone and make yourself a booking. If you haven't had a massage before, just remember to have your massage done by a qualified massage therapist...like Ain!

Acai Berry from the Amazon



juice form. ***This juice is available at Energy Fitness- Its called Monavie-***

Monavie contains not only the acai berry but 18 other high powered fruits. We sell it by the shot and by the bottle.

The Acai pulp has a high concentration of antioxidants, about ten times more than red grapes and about thirty times the anthocyanins of red wine. It is these antioxidants that prevent premature aging. Acai also has a synergy of dietary fiber, monounsaturated fats and phytosterols that promote cardiovascular and digestive health. It also has an amino acid complex with trace minerals that induce muscle contraction and regeneration. Acai has fatty acid content similar to that of olive oil and is rich in monounsaturated oleic acid. This oleic acid helps the penetration of the cell membrane by omega-3 fish oils with which it is possible to make cell membranes supple. A supple cell membrane helps in the efficient functioning of hormones, neurotransmitters and insulin receptors. The anti oxidant properties of Acai also helps in the prevention of heart and vascular disease. This is why Acai is used extensively in the production of dietary supplements and other products.

The antioxidants in Acai are known to improve eyesight and to fight and regulate the cholesterol levels in the body. Acai is also important in maintaining the cardiovascular system to promote better blood circulation. These antioxidants are effective in removing free radicals from the body and improving cell growth. With the damaging effects of free radicals removed from the body, the Acai berry boosts the body's immune system and provides it with protection from free radical damage. It is because of all these nutrients and properties that Acai berry is considered to be one of the most concentrated forms of fruit nutrients.

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