

# Are you just faking it?

November Newsletter 2007

Energy Fitness - Shaping Up Downtown Memphis Since 2002

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## Client Spotlight

Sebree Bird and "Baby" Iris



1. How old is your 3rd child?  
3 weeks
2. With a note from your doctor when did you start back to working out at Energy Fitness?  
3 weeks 1 day after she was born
3. What did your doctor say when you asked for the note so soon?

She did not have a problem with it at all really did not hesitate at all

## Are you just faking it..or Are you really ready to change?

### What category are you in?

According to the Transtheoretical Model of Behavior Change (Prochaska & DiClemente, 1983) recognizes that people range across a continuum of readiness, which covers a span of five stages.

1. **PreContemplation** (not even thinking about changing yourself physically.)
2. **Contemplation** (deciding whether or not to change and eventually make the decision to change.)
3. **Preparation** (concentrating on doing behavior needed to make the change)
4. **Action** (behavior becomes more automatic)
5. **Maintenance**

Ask yourself 3 questions!

1. What is your motivation?
2. What are your barriers & obstacles?
3. What are possible solutions to overcome these?

What phrase below best describes your mindset for applying behavior to your life?

- **"I WON'T"** (not interested in changing)
- **"I CAN'T"** (excuses, if you want something bad enough you will find a way to make it happen)
- **"I MAY"** (have had a health scare in your own life or in the life of a loved one, or just fed up with being sick and tired)
- **"I WILL"** (have a strong, positive motivator, know major barriers & have come up with some possible solutions)

Are you are faking yourself out , by thinking you are in the **Action Stage** when you are only **Contemplating**

about giving me a release.

4. Since you did not workout during your 1st or 2nd pregnancy how do you think working out during this pregnancy benefited you? There were so many benefits..I was just overall healthier. Low weight gain, normal blood pressure, minimal swelling, extremely easy labor and delivery, quick recovery.

5. How much did you weigh before you got pregnant with the 3rd child? **154 lbs** AND NOW 3 weeks Post Baby? **157 lbs**

6. How long have you been training with Energy Fitness and why do you hire a trainer? 4+years, A trainer is mental motivation for me. I need someone to keep me on track and push me further than I would push myself.

7. What advice would you give others for sticking with a fitness program? I like to set goals..it gives me something to focus on when I am wanting to slack off and nothing feels better than reaching the goals!

**Keep up the great work Sebree & thanks for inspiring others in this newsletter.**

Congratulations to Elizabeth Novick winner of 1 hour Personal Training session from our booth at the Hilton Hollis Fashion show at Southwind benefiting the International Childrens Heart Foundation.  
[www.ichf.org](http://www.ichf.org)

And to our winners that visited Energy Fitness during River Arts Festival !

**Free 30 minute  
Personal Training Session!**

starting an exercise or nutrition regime (making you in the Contemplation Stage).

Words to ponder: Those clothes in your closet didn't "Shrink"...You grew!

Decide on how willing you are to make necessary changes to fit back into them and make it happen!

In otherwords "What are you willing to do every day or every week to make those clothes look great on you again?"

**Start 2008 of Right!  
Feel Better & Look Great!**

**Energy Fitness**

**5 Year Anniversary Party Pics  
(Sept. 28th, 2007 Trolley Tour)**



Some of the Energy Fitness Trainers



Morgan Briar Bluegrass Band

\*Ray Brown  
\*Lois Williams  
\*Lyndsey Newcomb  
\*Laurel Smith

Call (901) 523-2348  
to schedule your free session.



Beans & Onions make this a  
**Superfood Recipe!**

### Lentil Soup

by Lisa Sanchez



Prep: 35 minutes

Total: 1 hr 10 minutes

6 Servings

- 3 tbs extra-virgin olive oil
- 2 cups chopped onions
- 1 cup chopped celery stalks plus  
chopped celery leaves for garnish
- 1cup chopped carrots
- 2 garlic cloves, chopped
- 4 cups (or more) veg. broth
- 1 & 1/4 cups lentils, rinsed,  
drained
- 1 (14.5) ounce can diced tomatoes  
in juice

Add chopped fresh spinach and Bay  
leaf for extra flavor.



Want to book this awesome Band?

Contact Mike Roby 731-435-0171



Pamela John Cosmetics

(chemical free makeup)

[afcosmetics@bellsouth.net](mailto:afcosmetics@bellsouth.net)



[www.MonavieMemphis.com](http://www.MonavieMemphis.com)

2 ounces = 5 servings of fruit



[www.FitnessSystemsinc.com](http://www.FitnessSystemsinc.com)

Our favorite local fitness equipment dealer

Heat oil in heavy large saucepan over med-high heat. Add onions, celery, carrots, & garlic; saute until veggies begin to brown (about 15 min). Add 4 cups broth, lentils, & tomatoes with juice & bring to boil. Reduce heat to med-low, cover, & simmer until lentils are tender, about 35 min.

Transfer 2 cups soup (mostly solids) to blender & puree until smooth. Return puree to soup in pan; thin soup with more broth by 1/4 cupfuls, if too thick. Season with salt, pepper, and a splash of vinegar, if desired. Ladle soup into bowls. Garnish with celery leaves.



### Personal Training Studio

Interested in Yoga?

We have that too!

[www.Energymemphis.com](http://www.Energymemphis.com)



[www.cemooreart.com](http://www.cemooreart.com)

Carl E. Moore - Featured artist Sept/Oct

### Tired of being Sick & Tired?

Maybe it's what you eat and when!

Learn 5 things you NEED to KNOW to feel better FAST!

### NUTRITION 101

When:

Mon./Nov. 12th & 19th at 5 pm

or

Thursday, Nov. 1st & 15th at 7am

Where:

Energy Fitness-552 South Main-next to the Arcade - free parking!

What:

2 (1 hr. sessions) & 1(1 hour follow-up session)

Investment:

Intro. price until Feb/08

\$135 new clients, \$95 current clients

We want to help you BE FIT!

- NO CONTRACTS OR MEMBERSHIPS REQUIRED!
- Call today to schedule a facility tour

901.523.2348

[www.EnergyMemphis.com](http://www.EnergyMemphis.com)

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