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Can't lose that last 10 pounds?

Burst Training Class (Lecture) at Energy Fitness: May 22nd at 6:45 p.m. hosted by Dr. A from Chiropractic Memphis (east location) -

How to get off those last few pounds that are hanging on for dear life.

You can achieve much more in just a 12 minute workout. Its all about Hormones and Metabolism! And you Can Change them to help You! *This class is 1hr and will change your life!*

A Whole New Level

Wait! Before you skim down to find which exercise I've labeled as the best, read the whole story...

It's always interesting when I'm approached and asked to pin down a single exercise as the one that will help lose the most fat or sculpt the quickest. I'm always slow to answer.

You see, I'm acutely aware of the fact that though an exercise may be perfect for Client A, it may not be the best choice for Client B-hence my hesitation to label any exercise as the universal best.

That being said, there are exercises that are better than others. And, yes, there are even a few that I would label as the best.

What makes an exercise the best?

When deciding which exercises to include in your routine it is important to consider the type of movement involved. The simpler the movement, the fewer calories you'll burn. On the other hand, the more complex the movement, the more calories you will burn.

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Testimonials

Marc Sorin (Attorney, Age 42) Body Fat Lost 11.7%, pounds lost 55. I banished fast food & now eat with nutrition in mind. When in full throttle I do cardio 4 times/week & weight training 2x/week. My motivation to stay fit comes from my fear of developing diabetes. Words of wisdom: As long as you make excuses you'll never get in shape.

Marilyn Carter (Teacher, Age 28) I initially chose Energy Fitness to get off my butt & get in shape. Exercise gives me energy/makes me feel better. Energy Fitness is a place that is about the whole body, feels like therapy. Staff has a positive attitude. Great environment, feels like close knit community & like everybody is friends.

Simply stated, exercises that use complex movements will deliver better results than exercises that use only simple movements. Complex movements recruit multiple muscles, some to stabilize and others to perform the movement. This process keeps your heart rate higher than a simple exercise would, giving you a more intense workout.

What is a complex movement?

A complex movement is a multi-joint movement that recruits large portions of the body to complete the exercise. Let's compare a simple movement leg exercise with a complex movement leg exercise:

The **leg extension machine** uses a simple, isolated movement to work the quadriceps. You're in a seated position moving only your knee joint. There isn't much involvement, if any, from other muscles and it doesn't burn very many calories.

Now let's look at a **free weight walking lunge**. You start by standing with your feet together and a dumbbell in each hand at your sides (or a barbell across your shoulders, or a medicine ball held at your chest, or even with no weight at all). You take a large step forward and lower your back knee, keeping your front knee at a 90 degree angle. Now you push off your front foot and pull your back leg forward, repeating the movement.

How many muscles did you utilize while performing the lunge? Probably too many to count.

You certainly worked your quadriceps, gluteus, hamstrings, calves, abdominals, supporting muscles in your shoulders, arms and back-just to name a few. You also raised your heart rate and really kicked your metabolism into high gear. That's what I call a great exercise.

Other ways to increase intensity

Using complex movements are just one of many ways to kick your workout intensity up a notch. Try incorporating a Super Set into your routine. To do so simply perform two or more exercises in a row and then take a short rest.

Or how about a Compound Set? Perform one exercise, rest, then perform an exercise with opposing body parts. To find exercises that compliment one another, choose ones that have similar but opposite motions such as a chest press and a row.

The key to finding the best exercise is to find the ones that bring your workout intensity to a whole new level.

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[weight loss, athletic performance, wellness, specials](#)

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I'd be shortchanging you if I named any exercise as the best. The fact of the matter is that it is a combination of changing your workouts up, using interval training, and even some good old cardio that will ultimately see you to your goal.

These methods will help you to burn more calories, increase your metabolic rate, and will stimulate the production of more fat burning and muscle toning hormones. Of course, there is more involved to achieving your fitness goals. You need to incorporate fat burning into your routine. You need to consistently challenge yourself during workouts. You need to take control of your eating habits and to get your diet dialed in.

So what's the best exercise for you? Find out-hit reply to this email to schedule your no obligation fitness consultation.

Clear Your Mind

Exercise is the most natural way to cleanse your mind and emotions. When your emotions are flustered and your mind cluttered, you will find refreshment after a good workout. When done correctly, it is only during exercise that your mind actually rests.

Rosemary Dijon Chicken



Dijon mustard gives chicken breast a whole new tangy flavor which is complimented by a touch of rosemary. This healthy dinner take only 5 minutes to prepare with a 30 minute cook time.

Servings: 4

Here's what you need...

- 4 boneless skinless chicken breast halves
- 1/4 cup Dijon mustard
- 1/2 teaspoon dried rosemary leaves, crushed
- 1 tablespoon extra-virgin olive oil
- 2 teaspoons fresh lemon juice

- 2 cups hot cooked instant rice (cooked as directed on package, omitting margarine and salt)
 - Freshly ground black pepper
 - 2 tablespoons finely chopped fresh parsley
1. Heat oven to 375. Spray 12x8 inch baking dish with nonstick cooking spray. Place chicken in sprayed dish. In small bowl, combine mustard, rosemary, oil and lemon juice; beat until well blended. With back of spoon, spread mustard mixture over chicken to coat thoroughly.
 2. Bake at 375 for 25 to 30 minutes or until chicken is fork-tender and juices run clear.
 3. Meanwhile, cook rice as directed.
 4. Sprinkle chicken with pepper. With slotted spoon, place chicken on 4 individual plates. Spoon ½ cup cooked rice onto each plate; spoon juices from baking dish over rice. Sprinkle rice and chicken with parsley.

Nutritional Analysis: One serving equals: 260 calories, 8g fat, 19g carbohydrate, 1g fiber, and 29g protein.

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