


## Bikini Bootcamp Series 1 Starts Mon. June 16th



**energy FITNESS**

**30 MIN. BIKINI BOOTCAMP**

SERIES START DATES:  
JUNE 16, JULY 7, JULY 28,  
AUG. 18

**\$60**

**MONDAYS  
& WEDNESDAYS  
6 & 6:30AM**

**WWW.ENERGYMEMPHIS.COM**  
**523.2348**

You can even sign up on our [website!](http://www.energyfitness.com) The bootcamp is being led by our new trainer Kathleen Glass you read about in the last newsletter. She's ready to kick your butt into shape.

### If Only I Had The Time...

'I don't have time' is the reason that most people don't exercise. Well, they call it a 'reason' I like to call it what it really is - an excuse.

Most people believe their workouts need to be 60-90 minutes in order to really count. With this kind of time commitment it is no wonder that exercise becomes the activity that you simply don't have time for. Before you know it one missed workout becomes two and soon you realize that you haven't put on your gym shorts for a month.

Missed exercise is a slippery slope toward irreversible consequences. Obesity wasn't gained in one day...or even in one year. Neither was heart disease.

Question: Have you ever wondered if long workouts really deliver the best results?

The truth is that exercise doesn't have to take 60-90 minutes anymore. The experts agree that short, intense bouts of exercise can actually deliver better results than traditional low intense exercise.

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Tonya Tittle

Energy Fitness

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### Testimonials

AMY GOOD (Owner Memphis Health & Fitness Magazine, 28) I chose Energy Fitness because it has a great, clean urban atmosphere. I sought out a personal trainer because I had hit a plateau in my own workouts, and the trainers at Energy Fitness have taken one minute per mile off my running time.

ANDY CATES (real estate, 35) I wanted to get in shape, and I knew that I needed someone to push me. I like Energy Fitness because of the boutique environment and the friendly staff and clientele. The workouts are intense, and it's more private than a regular gym.

In fact, a study was conducted at the University of Pittsburgh, School of Medicine that tested whether multiple short bouts of exercise would deliver better results than one long bout of exercise. They found that participants who performed short

bouts of exercise stuck with the program longer and experienced greater weight loss than the participants that performed long bouts of exercise.

Throw out the idea that you need an entire afternoon or a free evening to have a great workout. It simply doesn't take as much time as you think. Here's one example:

### **12 Minute Results-Driven Workout**

- **Dumbbell Squat Press:** Stand with your feet shoulder width apart and hold a dumbbell in each hand at shoulder level. First lower down into a squat position. Make sure that your knees do not go past 90 degrees. Exhale as you press the dumbbells overhead (keep your elbows in front of your bod and palms facing each other) while you straighten your legs and return to the starting position. Complete 12-15 repetitions.
- Sprint or Jump Rope for 30 seconds.
- **Dumbbell Lunge and Curl:** Stand with your feet shoulder width apart and hold a dumbbell in each hand down at your sides. Exhale as you lunge forward with your right leg and curl the dumbbells up toward your chest. Make sure that your knee does not go past 90 degrees. Inhale as you return to the starting position and repeat on the other side. Complete 12-15 repetitions.
- Sprint or Jump Rope for 30 seconds.
- **Dumbbell Bent Over Rows:** Stand with your feet shoulder width apart and hold a dumbbell in each hand. Bend your knees and lean forward from your waist, keeping your back flat. Exhale as you drive your elbows back and squeeze your shoulder blades together. Inhale as you return to the starting position. Complete 12-15 repetitions.
- Sprint or Jump Rope for 30 seconds.
- **V-Ups:** Sit on the edge of a chair or bench and lean back. Exhale as you drive your knees in toward your chest, squeezing your abdominal muscles. Inhale as you lower your knees back down with control. Complete 15-20 repetitions.
- Sprint or Jump Rope for 30 seconds.

Think outside of the box. Could you do a 10 minute workout in the morning and a 15 minute workout before bed?

Let's be honest, you make time for the things that you feel are important. If I told you that for every minute you spent exercising I would give you a thousand dollars, would you find a minute to exercise? Sure you would! You'd probably find quite a few minutes to exercise.

**Welcome Jodi Criner to our  
Personal Training Staff**



We'd like to welcome our newest staff member & Personal Trainer, Jodi Criner. Jodi started out as a client several years ago training with Tonya. We are so proud of what she has accomplished. Jodi says, "I am a perfect example of what training is about and how it can change your life." She will be utilizing Tonya's proven programs so that her clients can expect to get the same great results. Jodi will be available for evening appointments soon, so if your serious about feeling and looking better then call to set up your Free Consult Today!

Short bursts of intense exercise will give you the results you want, all you have to do is make the time for it.

Somewhere deep down inside you know that it's now or never.

Will you choose to simply close this email and allow your hectic schedule to slowly push you down the path of obesity and health risk? Or will you find creative ways to fit exercise into your day as you steadily regain your shape and health?

Make this the day that you finally make the change. Call or reply to this email to schedule your free fitness consultation and I'll show you many other high intensity time effective workouts that deliver amazing results.

The choice is yours.

### Get Out Your Camera

Do you wish that you had more motivation to achieve your fitness goals? Give yourself inspiration by taking a 'Before' picture. That's right, put on your bathing suit and pose! Next, place the picture in a place that you see often (on the refrigerator maybe?) Now get to work on changing your body—imagine how great it will feel to replace your 'Before' picture with a stunning 'After' shot.

### Spicy Veggie Stir Fry



When you want a healthy meal that doesn't compromise on flavor—here's your dish. This vegetarian recipe calls for chicken substitute, but you can use real chicken if you want. Bake or grill real chicken before adding it to the recipe. **Servings:** 4

#### Here's what you need...

- 3 cups hot cooked instant rice (cooked as directed on the package, omitting margarine and salt)
- 1 cup water
- 1 tablespoon soy sauce
- 1 tablespoon cornstarch
- ½ teaspoon crushed red pepper flakes
- 1 teaspoon oil
- ¼ cup chopped onion

"Stop the Confusion Workshop"

Free Workshop - in our Yoga Room

check out our website for more details!

2 Dates - Attend 1

Thursday, June 19th, 7:10 pm

Friday, June 20th, 6:10 am

### Check Out these Links:

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

[Access your Energy Fitness account online](#)

- - 1 medium green bell pepper, cut into thin strips
  - 2 tablespoons water
  - 3 medium zucchini, halved lengthwise, thinly sliced
  - 4 frozen breaded chicken substitute patties, thawed, cut into bit-sized pieces
  - 3 tomatoes cut into thin wedges.
1. While rice is cooking, in small bowl, combine 1 cup water, soy sauce, cornstarch and red pepper flakes; blend well. Set aside.
  2. Heat oil in large nonstick skillet or wok over medium heat until hot. Add onion and bell pepper; cook 3 to 4 minutes or until onion is tender. Add 2 tablespoons water and zucchini; cover and cook until all vegetables are tender.
  3. Add chicken substitute pieces and tomatoes; cook until thoroughly heated. Stir cornstarch mixture; added to skillet. Cook and stir until thickened. Serve mixture over rice.

**Nutritional Analysis:** One serving equals: 380 calories, 10g fat, 54g carbohydrate, 6g fiber, and 13g protein

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