

Coming soon: Online monthly billing, online class scheduling and much more.

Can't lose that last 10 pounds?

Burst Training - How to get off those last few pounds that are hanging on for dear life. More details of this class will be posted soon on our website.

Why Aren't You Motivated?

A good dose of motivation can change your life almost overnight.

The best part of my job is seeing clients achieve amazing results. Whether they drop a few sizes, lose the baby weight, get off their blood pressure meds, or shrink their waist the excitement is always contagious.

There really isn't a clear way to describe the euphoria that settles in once you've realized your fitness goal. You have to experience it.

Though each successful client is unique with different goals one element unites them.

They are all highly motivated.

You see, I am in a unique position. I know how to get you (or anyone else who walks through my door) into great shape. I can coach you through a 50 pound weight loss. I can guide you to a healthier body. I can even train you into a toned athlete.

But there is one catch.

You'll need to be motivated.

See, saying that you want to get into great shape isn't enough. You need motivation-and that's just half of the equation. The other part (and the most important) is ACTION.

Nothing happens until you take action.

You can want it, think about it, mull it over, ponder it, plan it, and then re-plan it. But nothing happens until you take action.

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Tonya Tittle

Energy Fitness

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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.

Check Out these Links:

[Buy Trainer Recommended](#)

While I may not know your story-it's probably safe to assume that you are dissatisfied with your body and know that you can improve your fitness level. You want to look better, to have more energy, to experience fewer aches and pains, and to enjoy sweet satisfaction as you achieve your goals once and for all.

I know that all of my successful clients were once in your shoes. They wanted to change their bodies. They felt urgency. And then they did what most fail to do. They took action and contacted me.

But there is more to it than that. They then committed to a program, put in the exercise, stuck to their diet and met their goals. There's nothing more gratifying than getting back into those jeans that now sit in the back of your closet.

Those that take massive action get massive rewards. And those that simply talk about losing weight will continue to put weight on, pound after pound. I hate to put that way, but it's the truth.

So what do you want?

To drop 20 pounds

To feel younger

To look better in your birthday suit

How bad do you want it? How much motivation do you have? Enough to take MASSIVE ACTION?

The rewards are great IF you do.

The Art of Eating Mindfully

Do you ever find yourself snacking away without paying attention to how much you're eating? Maybe you're focused on a movie, a ball game or checking your e-mail. Maybe it's a trigger to mindless eating. This is a sure-fire way to gain weight. When your goal is to drop pounds it is important to practice the art of eating mindfully. This means that when you eat you should stay tuned in to your level of satiety so that at the first sign of fullness you will stop.

Spring Salad



Crunchy snap peas and soy nuts pair up with soft tofu in this spring inspired salad. Best enjoyed as a light lunch, this salad will treat your taste buds while maintaining your waistline. **Servings: 2**

Here's what you need...

- 4 cups mixed greens
 - 10 cherry tomatoes, halved
 - 2/3 cup sugar snap peas
 - 1/2 cup Light Firm Tofu
 - 2 Tbl unsalted soy nuts
 - 1 Tbl unsalted sunflower seeds
 - 4 Tbl Newman's Own Lighten Up Low Fat Sesame Ginger Dressing
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- Combine the greens, tomatoes and peas, tofu, nuts and seeds in a medium bowl. Add the dressing, mix until fully combined.
 - Divide salad into two bowls and serve.

Nutritional Analysis: One serving equals: 184 calories, 6.5g fat, 19g carbohydrate, 14g fiber, and 18g protein.

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