

## Back from maternity leave-

With Lucy in daycare now, Lisa Sanchez is back and ready to get you in shape! Lisa has been with Energy Fitness for six years now and knows precisely how to get quick results. She has about five openings left on her schedule right now but they will be gone soon!

## Go to dinner on me!

*How would you like to go out to **Automatic Slim's Tonga Club** on me?*

I am offering you a special promotion until June 16th. This means that you have only 16 days from the time you receive this newsletter to claim your \$50 dollar gift certificate to **Automatic Slims.**

If you know of any family members or friends who would like to experience the benefits that my Training Programs offer, I would love the opportunity to help them. Until June 16th, anybody you refer to me that invests into one of my training programs will win you a \$50 dollar gift certificate.

***Thanks for helping me grow my business!***

[Refer a Friend - Click Here](#)



Lisa Sanchez

Energy Fitness

[Email Me](#)

[My Site](#)

901-523-2348

### 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.

## Can You Change in a Single Moment?

Change is a curious thing. In most areas of life you dread it, yet in others you pine for it.

You're told that change is hard, that it takes time. You're also told that change is the most consistent thing that you'll encounter. You wonder how to make lasting changes that will improve your life.

I'm here to argue that change can happen in an instant.

I know this goes against mainstream belief. Most people believe that change has to be worked at for months or even years. We expect to try and fail numerous times before we ultimately give up or succeed.

Think about it-how many people do you know who struggle with their weight? They want to make a healthy change by getting in shape, but the change never seems to take hold.

Is there something in your life that you want to change? Do you have weight to lose? Do you have high blood pressure? Do you have a pair of pants that you wish you could fit into?

What is preventing you from making a positive change in your life?

According to professional speaker and author, Anthony Robbins, it's the getting ready to change that takes time. In the end there's an instant when the change occurs. Robbins goes on to outline three specific beliefs that you must have in order to instantly create a lasting change.

**Belief #1:** Something must change.

Do you kind of want to get into

Welcome Mary Jordan!



We'd like to welcome **Mary Jordan!** Mary will be taking on the role of administrative assistant and keeper of Tonya's sanity : ) She lives in Mid-Town, and most of her spare time is devoted to stand up and sketch comedy. Don't worry- she won't make fun of you...

Welcome Kathleen Glass



We'd like to welcome our newest staff member and personal trainer **Kathleen Glass!** She was the 2007 Miss Tipton County, will soon graduate U of M with a degree in Psychology and most recently worked as a manager @ Curves for Women. She will be utilizing Tonya's proven Training Programs along with her talent for encouraging and motivating others to help you achieve your potential and fitness goals.

shape or do you absolutely have to lose the weight? Does dropping a few pounds sound nice or is living another day in your current body simply out of the question? In order to make a lasting change you must be convinced that the time is right.

**Belief #2: I must change it.**  
It is vital that you take full responsibility in making the change. Sure, others may assist you, but in the end you are the one who is going to make it happen. You have to want this change enough to make it your personal mission-no one else will do it for you.

**Belief #3: I can change it.**  
Don't let past failures get in your way. The truth is that you can do amazing things when you put your mind to it. Believe that you are capable of losing weight or making any other positive change in your life.

Why do most people fail to make lasting change? They leave it up to willpower. This works for awhile, but you'll always revert back to what's comfortable. The solution?

Change what you're comfortable with.

You've probably heard that humans are motivated by two things: 1) to avoid pain and 2) to gain pleasure. When you want to change a behavior pattern the key is to associate pain with the behavior that you don't want and pleasure with the behavior that you do want.

You know that you want to lose weight and that to do so you need to quit eating comfort food late at night. You also know that you need to start exercising on a regular basis. Up until this point your brain is trained to associate pleasure with eating comfort food late at night and to associate pain with exercise.

### Check Out these Links:

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

[Access your Energy Fitness account online](#)

It's time to retrain your brain to feel good about exercise and to feel bad about eating late at night. Think about all of the negative things about being overweight and connect these unpleasant thoughts to your late night snack. Now think about all of the wonderful things about being in shape and connect these pleasant thoughts to exercise.

You are capable of making a big change in your life. Start by contacting me for your no obligation fitness consultation.

Remember, change can happen in an instant.

### **Smart Shopping**

Never go grocery shopping on an empty stomach. If you do, you will end up with a cart full of bad decisions and regrets! Remember, if you buy it, you will eat it. Instead, make a list of healthy foods to buy and go after a sensible meal. Avoid the chips/candy aisle and stick to the outskirts of the store where fresh food such as produce, dairy and meats are displayed.

### **Springtime Shrimp Salad**



**Here's what you need...**

#### **For the Dressing**

- 1 Tablespoon grated orange peel
- 1/3 cup orange juice
- 1 tablespoon agave nectar or honey
- 2 tablespoons oil
- 2 teaspoons Dijon

mustard

**For the Salad**

- 1 lb fresh asparagus, trimmed, cut into 2-inch pieces
  - 8 cups torn Boston lettuce
  - 3 Oranges
  - 1 lb fresh or frozen shelled deveined cooked shrimp, thawed
1. In a small bowl combine all of the dressing ingredients; beat with a wire whisk until well blended. Set aside.
  2. In large nonstick skillet, bring 1/2 cup water to a boil. Add asparagus and return to boil. Reduce heat; cover and cook 5 to 6 minutes or until tender.
  3. Meanwhile, arrange lettuce on 4 individual salad plates. Peel oranges and halve lengthwise; cut crosswise into 1/4-inch-thick slices.
  4. Drain asparagus. Rinse with cold water; drain well. Arrange asparagus, orange slices and shrimp over lettuce. Drizzle salads with dressing.

**Nutritional Analysis:** One serving equals: 290 calories, 9g fat, 24g carbohydrate, 6g fiber, and 29g protein.

**Motivate your friends, family and co-workers!** Use the "refer a friend" link below to forward this newsletter.

Email: [info@energymemphis.com](mailto:info@energymemphis.com)  
Phone: 901-523-2348  
Web: [www.EnergyMemphis.com](http://www.EnergyMemphis.com)

This email was sent by [info@energymemphis.com](mailto:info@energymemphis.com)  
[To Unsubscribe click here](#)

Lisa Sanchez 552 South Main Memphis Tennessee 38103