



Motivation, Tips and "Insider" Secrets to Your Best Body . . . NOW!

Imagine if you're making exercise mistakes - without knowing it - that are slowing your results... If you're like most people, then chances are good you probably are.

But fear not, I am going to share with you 3 common exercise mistakes that slow results – so you can fix them - and transform your body even faster!

Yours For Health,

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Do Make These Result-Slowing Exercise Mistakes? I bet you do. See for yourself...

Putting speed over form - Don't confuse speed with intensity. Intensity is important, the harder you work, the quicker results will come. Speed, on the other hand, can get you injured. Because speed for speed's sake almost always compromises form.

And when you break form, not only are you not working the muscles properly and optimally, you're also possibly putting yourself in a position where a muscle, ligament or tendon can be improperly stressed...and damaged.

Nothing will stop your results in their tracks like an injury will, so please, please be careful and use correct form. This is one of the many places where it is so valuable to get expert guidance, feedback and coaching. Just looking at a picture in a magazine or book, or even watching the exercise performed by someone else on a video, can be deceiving.

For optimal results, use optimal (correct) form at high intensity. If you'd like a primer on form, function, proper technique and injury avoidance, I encourage you to give us a call and come in for a complimentary workout. Our gift to you!

Reading a magazine while doing cardio - Reading takes your concentration away from the task at hand, which is an intense, heart-pumping workout. And all sorts of bad things can happen when you're not focused on what you're doing while running along at 6mph on the treadmill, or even when you're on a stationary bike.

I've seen it all, and some of the spills I've witnessed weren't pretty. DOH! If the person could get back up, he'd get up with an embarrassed look on his face, that's for sure. But really, it's not about embarrassment, it's about safety and getting results. I'm not trying to be a scrooge, I just want you to know that getting results, particularly if you want them fast, requires focused effort. You can't do that while reading about "Brangelina" or even about the price of oil! Instead of a magazine, put on your Ipod with some motivating music...and rock it out!

Ignoring weight training - Guys obviously understand the benefits of weight training, but ladies...not so much. And I get it. You don't want "bulky" muscles. But the truth is, that just won't happen. Remember, muscle is more compact than fat. And women don't have the muscle building testosterone men have.

So, when a woman trains with weights, your body literally shrinks. It doesn't expand, and certainly won't get "bulky." Instead, you'll enhance your feminine curves by toning them up, and tightening them down! Tight, toned and terrific is what you get from weight training...done right. Again, come in and we'll show you the right way...for free.

OK, so now you understand a few of the common mistakes that sabotage results. I hope you're put them to practice in your workouts. And if you need help, you know how to reach us!

Quote Corner

"Have patience with all things, but chiefly have patience with yourself. Do not lose courage in considering your own imperfections but instantly set about remedying them - every day begin the task anew." - Saint Francis de Sales

Eat Yourself Thin

Pasta Salad

(Serves Two)

1/8 (16 ounce) package dry penne pasta
1/8 (15 ounce) can garbanzo beans, drained
1/8 (14 ounce) can artichoke hearts, drained
1/4 cup cherry tomatoes
1/8 lemon, zested
3/4 teaspoon chopped fresh basil leaves
1 tablespoon Italian salad dressing, or as needed
salt and pepper to taste

1. Bring a large pot of lightly salted water to a boil. Place penne pasta in pot, and cook for 10 to 12 minutes, until al dente; drain and cool.

2. In a large bowl, gently toss the cooked penne, garbanzo beans, artichoke hearts, cherry tomatoes, lemon zest, basil leaves, and Italian salad dressing. Season to taste with salt and pepper. Chill at least 1 hour before serving

Prep: 20mins
Cook: 10mins
Ready: 1hr 30mins

Amount Per Serving - Calories: 149 / Total Fat:
2.8g / Cholesterol: 0mg / Sodium: 297mg / Total
Carbs: 25.9g / Dietary Fiber: 2.4g / Protein 5.1g

Recipe from AllRecipes.com.

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