

Motivation, Tips, & "Insider Secrets"
To Your Best Body NOW...

We would like to introduce our newest trainer here at Energy Fitness.... Emmy DeMauro!

Emmy has a background in classical ballet and contemporary dance. She attended The American Dance Festival in Raleigh Durham, NC and NYC. Originally from upstate NY, she moved to New York City at age 19 where she furthered her dance training with an emphasis on modern/contemporary movement.

In addition to dance, Emmy has been committed to a holistic diet and regular exercise for over 20 years.

Emmy will be teaching a new ballet bar fitness class here at Energy Fitness. Classes will be held on Mondays and Wednesdays at 7am for the month of February. In March, the class schedule will change slightly to include an evening class. You can purchase 10 - 30 minute classes for \$100 (drop in price per class is \$12). Classes are limited to 14 participants. Also, be on the look out for a survey that will include possible times and days for the new Zumba classes that will be taught by Lisa Sanchez this spring!

Now, I've got a quick question for you...

What if losing weight wasn't hard? What if it was made easy, just by taking a certain pill or eating a certain kind of food? Would you jump onboard and take it or make sure you eat that type of food? I ask because in today's article, I reveal some fascinating research that indicates what the future may hold... maybe one day making muscle building and fat loss as easy as just taking a pill or two...

Enjoy!

Yours For Health,
Tonya Tittle

From Fat to Fit - Eating Mustard?

Losing weight and getting in shape is simple. Move more, eat less. But it's certainly NOT easy. If it was, everyone would be walking around with six-pack abs and a body to die for. Which is why most folks are always looking for that "magic bullet" ... that magical pill, diet or workout program that will help them build muscle, lose fat and turn back the hands of time.

That said, we all know deep down that the only "magic" that works when it comes to a real physique transformation is hard work in the gym and in the kitchen. But interesting new research published in the October issue of the journal of the Federation of American Societies for Experimental Biology (FASEB) suggests there could one day be a "lazy man's" way to a better body.

Researchers at North Carolina State University have discovered a powerful compound with steroid-like effects (meaning it can help you put on muscle AND burn fat with little effort) exists in

mustard plants. The compounds are known as brassinosteroids. To start, the researchers looked at the effects of these brassinosteroids on rat skeletal muscle cells in a cell culture. Once they saw that the brassinosteroids increased protein synthesis and decreased protein degradation in the muscle cells, they conducted an experiment on healthy rats. One group of rats received supplementation while the other group did not. At the end of the study, the rats taking the mustard-derived supplement showed increases in lean body mass.

Finally, the researchers conducted yet another study on surgically castrated peri-pubertal rats. It turns out that the brassinosteroids in the mustard plant were able to restore the androgen-dependent tissues after castration. As a result, the rats experienced increased grip strength and an increase in the number and size of muscle fibers crucial for increased physical performance. Simply put, it was like steroids, but for rats. Now, this doesn't mean you need to start eating more mustard.

More studies will need to be done, and it'll have to be tested on humans before there is any applicable real-world significance to this discovery.

"The temptation is to see this discovery as another quick fix to help you go from fat to fit, and to a very small degree, this may be true. In reality, however, this study identifies an important drug target for a wide range of conditions that cause muscle wasting," said Gerald Weissmann, M.D., Editor-in-Chief of the FASEB Journal.

But hey, it is kinda neat to think "What if..." right?

What if there really WAS something all-natural to help you burn fat and build muscle with little to no effort? Unfortunately, until that day comes, the answer is always going to be hard work. Remember, getting in shape is easy. Actually DOING what you know you need to do - now that's the hard part. That's why if you think you need a little help in the "doing" department, I highly suggest you take advantage of your FREE Fitness Consultation (an \$87 value). During this consult, you'll receive detailed information on how to get fit and trim that's tailored to YOUR body. There's no obligation and it's totally and completely free.

References:

1. D. Esposito, S. Komarnytsky, S. Shapses, I. Raskin. Anabolic effect of plant brassinosteroid. The FASEB Journal, 2011; 25 (10): 3708 DOI: 10.1096/fj.11-181271

Quote Corner

"Believe in yourself! Have faith in your abilities! Without a humble but reasonable confidence in your own powers you cannot be successful or happy." -Norman Vincent Peale

Eat Yourself Thin

Jamie's Cranberry Spinach Salad
(Serves Eight)

1 tablespoon butter
3/4 cup almonds, blanched and slivered
1 pound spinach, rinsed and torn into bite-size pieces
1 cup dried cranberries
2 tablespoons toasted sesame seeds
1 tablespoon poppy seeds
1/2 cup white sugar
2 teaspoons minced onion
1/4 teaspoon paprika
1/4 cup cider vinegar
1/2 cup vegetable oil

1. In a medium saucepan, melt butter over medium heat. Cook and stir almonds in butter until lightly toasted. Remove from heat, and let cool.
2. In a large bowl, combine the spinach with the toasted almonds and cranberries.
3. In a medium bowl, whisk together the sesame seeds, poppy seeds, sugar, onion, paprika, white wine vinegar, cider vinegar, and vegetable oil. Toss with spinach just before serving.

Prep: 10 mins

Cook: 10 mins

Ready: 20 mins

Amount Per Serving - Calories: 293 / Total Fat: 23.5g / Cholesterol: 4mg / Sodium: 58mg / Total Carbs: 18g / Dietary Fiber: 2.8g / Protein: 4.9g

Recipe from AllRecipes.com.

