



Personal Fitness Trainer
901-870-2072

Gerry's Simple- Get Started Tips

- 1.) **Define your goals.** What are your goals? What would you ideally like to weigh for the rest of your life?
- 2.) **Keep a food diary!** You can't manage what you don't measure
(Ken and Lisa are eating between 1400-1700 calories a day broken up into 5-6 meals)
- 3.) **Eat 5-6 small meals a day.** Don't skip breakfast!!
(On Ken and Lisa's plan, they are getting 350-450 calories for breakfast, Lunch and Dinner with 125-150 calories for their snacks)
- 4.) **Get a Grip! Don't just do cardio.** I recommend lifting light weights 3 times a week and doing a cardio workout 5-6 times a week
- 5.) **Baby steps. Just get started lightly.** Pick a cardio machine or two that you prefer at your gym (treadmill, elliptical, or recumbent bike) and for the first day, do 10-12 minutes at an easy pace and do 15 minutes of weights concentrating on a full body workout...then slowly progress! Each day, add one minute to your cardio workout, so at the end of the week, you will be doing 14-17 minutes

6.) **Clean out your pantry.** Get rid of the junk and sugar filled, empty calorie foods. Start cooking at home and eat smaller portions

7.) **Stop eating fast food.** There are healthy choices everywhere.(Take a look at my healthy selections on Buckley's menu)

8.) **Read food labels and stay away from Saturated and Trans fats.** Stay away from high sodium foods. Stick to whole grains, green veggies, fruits and lean meats. Also eat good fats with omega 3's and 6's such as natural almonds, fish, olive oil, flax oil, avacados, natural almond and peanut butters.

9.) **Get going!!** Big results and big weight loss starts with massive action! If you want to lose

20-50 lbs or more; you must learn structure and regain control(get a food journal for meals and total calories...break cravings for sugars, starches and empty calories)

5-19 lbs; refine your bad habits and shave 200-300 calories a day from your diet by eliminating white flour, white bread, sugar, pasta, potatoes and refined sugar

10.) **Get a buddy or a personal trainer.** The ultimate way to get the body that you want is to have someone push you further than you would push yourself.

Good Luck! Now, put these tips into action and you are on your way to a healthier and happier lifestyle!!
I will be writing tips every week on the Buckley's website and holding group and personal training sessions. Call for details. Gerry Finney (901)870-2072



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WWGE- What would Gerry Eat?

Remember: stay away from Trans Fats, Sugar and Flour. Keep sodium Intake to a minimum. Look for items with less than 200 mg of sodium per serving. Stay away from partially hydrogenated anything You do want Poly unsaturated and mono unsaturated= good fats, eat high fiber foods, lean meats, and fish. Limit red meat.

Your plate should be 1 part meat, 2 parts veggie, 1 part fiber

Costco:

Snack Section

Kashi TLC snack bar
Orvil Redenbacher Light Popcorn- individual serving (100 calories)
Sun Chips- Individual bags (Portion control)

Refrigerator Section:

Frozen Broccoli
Mixed Veggies
Skinny Cow ice cream sandwich
Tilapia- whole wheat breaded
Tuna Filets
Jimmy Dean Turkey Sausage
Sliced Turkey breast- lunch meat (low sodium)

Greek Fage yogurt (used as yogurt, mayo, sour cream, a great base for sauces)

Egg Beaters- egg whites

Jacks all natural Salsa

Dry Goods:

All Natural Almond Butter

All Natural Peanut Butter

100% Fruit Strawberry Spread (in Jar)

Sun Dried Tomatoes

Roasted Red Peppers

Healthy Request Soup (watch sodium)

Can Tuna in water

Cheerios

Kashi Go Lean Cereal

Natural Almonds (unsalted)

Natural Walnuts (unsalted)

Muscle Milk- individual servings packed in a case found in section with vitamin supplements

Milled Flax seed

Bakery section:

Flat Out flat bread- multi grain w/ flax (usually on bread table)

Oroweat Sandwich Thins- multi grain

Schnucks-

Any cereal should have less than 10 g of sugar

Oatmeal

Instant Grits

Barbara's Shredded Spoonfuls (found in health food section)- great snack

Shnucks instant oatmeal- individual packets w/ flavors can be used in combination with regular oatmeal for variety in flavor

Quinoa

Brown Rice

Flax Seed Oil/ sesame oil

Extra virgin olive oil

Smart Balance butter /margarine



Buckley's Big Belly Bust! #3

Contest Rules:

You will be competing in a weight loss challenge against those signed up. Contest begins on (Saturday) May **19th, 2011 (9 AM til 12 Noon)**

Contest ends (Saturday) **April 23, 2011 (9 AM til 12 Noon).**

Final Weigh-In will be at Buckley's Lunchbox (919 S Yates Rd)

Please supply a current photo of yourself at time of weigh-in. We will have a photographer at the end of the challenge to capture the after photos!

The **PERSON** who loses the greatest percentage of weight wins. The person with the **(highest percentage WINS \$1000)**

There is a \$50 entry fee (nonrefundable). All proceeds go to **WINGS Cancer Foundation**. Checks can be made to WINGS.

Honesty, Integrity, and true sportsmanship are expected and any form of cheating will not be tolerated. (Weighing with 25lbs of rocks in your pocket will be deemed cheating)

Contest Objective:

We love our guests at Buckley's and many of you have become like family. We understand that you are someone's father, someone's mother, someone's grandmother or grandfather, brother, sister, etc. You mean something to someone.

Getting healthy and fit is one way of adding a little insurance. Let's face it if you are not around, who am I going to send those misspelled newsletters to?

The objective behind this contest is to hold each other accountable, bounce ideas, and help each other achieve our goals. Everyone needs a coach in life. This will be a team effort. As a restaurant, we want to be proactive at helping you feel healthy and give you options when dining out. We will continue to serve dishes that we all love to go out and treat ourselves. Nothing like some Buckley's Shrimp & Grits just with some moderation!

I will make a list of the so that we all can keep in touch share, and create together. This should be about fun, hard work, and lifestyle change.

Good Luck and remember to keep in touch!

Ken Dick, Tired of Being Chubby Owner
Jeff Fioranelli, The Healthier Owner
Please contact Ken@buckleysgrill.com

Ken + Jeff



Michael Beeler's Tips on Loosing Weight

1. Never skip the MOST important meal of the day, BREAKFAST!! Eating early in the day keeps us from "starvation eating" later on. But it also jump-starts your metabolism.
2. When going to store don't drive around looking for the closet parking space, park as far away and walk in. At work take the stairs instead of the elevator.
3. Take a nutritional lunch to work, eat it at your desk and take a 20 minute walk at lunch.
4. For all the stay at home moms. When cleaning up the kitchen do some body squats and pushups off the kitchen counters.
5. Eat often: eating many well planned low calorie meals a day helps you keep from snacking and make you feel less hungry.
6. Drink lots of water. It'll help with your flexibility, strength, and well-being, and it helps all of your internal components with flushing out your system. 64 to 96 ounces of water a day.
7. Write down your goals. Studies show that people who write down goals are more likely to achieve them.
8. Don't get hung up on scale weight. If you step on a scale, it just gives you a number. It doesn't tell you

how much muscle and fat you have.

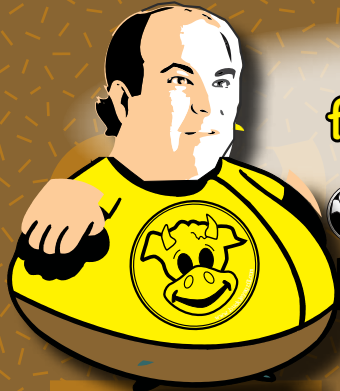
9. Eat nuts, they provide good, unsaturated fats (good fats) and a good source of protein and fiber. A handful of nuts are healthy, low-glycemic snack. Great on salads.
10. Always warm-up and cool-down after exercising. It warms up your working muscles and connective tissue, heart, and lungs. Helps to prevent injuries and to allow you to work at a high degree of intensity later on. 5-10 minutes.
11. Choose lean, high-quality proteins like egg whites, chicken, lean red meat. Choose cuts of "round" and "loin"

Michael Beeler
Certified Personal trainer (AFPA)
901-230-2502
energized@live.com

Michael Beeler

- Graduated from the University of Memphis with a B.S. in Exercise Sport Science.
- I am a certified personal trainer through American Fitness Professionals and Associates. (AFPA)
- I started Energized Fitness which is a private personal training business in which I do private personal training in client's homes.
- I just came aboard as a wellness specialist for the FedEx Wellness center.
- I have been personal training for three years at various health clubs around Memphis (DAC, and Envision)
- Recently I was the Fitness Director for Fitness Together out in Collierville before it closed.
- I work with Camp live it up at the Jewish Community Center as a trainer for kids with Multiple Sclerosis.
- I did a research project on Resistance Training and its impact of Multiple Sclerosis.

This is a copy of our new dinner menu in addition to our regular menu. We will also be launching a similar menu for you at Buckley's Lunchbox. This way when you have to meet clients or friends for lunch you have options!



**60 of our guests are competing
for \$1000 to lose the most weight!**

See details at buckleysgrill.com



BUCKLEY'S HEART HEALTHY

Includes Crisp Garden Salad...with balsamic vinaigrette dressing

BUCKLEY'S FILET

Our famous tenderloin filet (6 oz) with steamed green beans or key west veggies 17.95

FLAME GRILLED CHICKEN

Italian marinated chicken breasts chargrilled to juicy perfection! Served with steamed side 12.95

SHRIMP SKEWER DINNER

Get your (8) shrimp honey citrus with side of steamed green beans or key west veggies 14.95

HONEY CITRUS SALMON

Chargrilled and glazed with our sweet citrus sauce served with side of steamed green beans or key west veggies 16.95

BUCKLEY'S SALADS

BUCKLEY'S BLUES STEAK SALAD

Grilled and sliced Buckley's beef tenderloin on fresh greens, carrots, cucumbers, tomatoes, warm crumbled blue cheese with balsamic vinaigrette 14.95

SIGNATURE SALMON SALAD

Grilled Atlantic salmon, on fresh greens, carrots, cucumbers, tomatoes, chopped walnuts with balsamic vinaigrette 13.95

Healthy Tips

Don't Skip breakfast to cut calories! You are more likely to eat in excess later during the day if you skip breakfast.

Eat your fiber. The average person needs 25-35 grams of fiber each day. Example: Fresh fruits, fresh or steamed veggies, and whole grains like brown rice.

Choose lean, high-quality proteins like egg whites, chicken, lean red meat.

Eat often: eating many well planned low calorie meals a day helps you keep from snacking and make you feel less hungry.



Buckley's Big Belly Bust Weigh-In Sheet

Full Name: _____

Address: _____

City: _____ St: _____ Zip: _____

Email: _____

Cell Phone: _____

**Please Print
Clearly!**

Please leave these blank

Start Weight: _____ LBS

Ending Weight: _____ LBS

ACCIDENT WAIVER AND RELEASE OF LIABILITY

I acknowledge that this contest is a test of a person's physical and/or mental limits and carries with it the potential for death, serious injury and property loss. I hereby assume all of the risks of participating in this contest. I certify that I have not been advised otherwise by a qualified medical person that I cannot participate in this contest. I acknowledge that this Accident Waiver and Release of Liability form will be used by the contest holder, sponsors, and/or organizers and that it will govern my actions and responsibilities at said contest.

In consideration of my application and permitting me to participate in this contest, I hereby take action for myself, my executors, administrators, heirs, next of kin, successors, and assigns as follows: A) Waive, release and discharge from any and all liability for my death, disability, personal injury, property damage, or actions of any kind which may hereafter accrue to me or my traveling to and from this contest, the organizers and the following entities or persons: Their directors, officers, employees, volunteers, representatives, and agents, the contest holders, contest sponsors, contest directors, contest volunteers, and contest officials. B) Indemnify and hold harmless the entities or persons mentioned in this paragraph from any and all liabilities or claims made by other individuals or entities as a result of my or any actions during this contest.

I understand that, in relationship to this contest, I may be photographed. I agree to allow my photo, video or film likeness to be used for any legitimate purpose by the contest holders, producers, sponsors, organizers and/or assigns.

The Accident Waiver and Release of Liability shall be construed broadly to provide a release and waiver to the maximum extent permissible under applicable law. I hereby certify that I have read this document and I understand its contents.

Signature: _____

Date: _____