



news



His & Her Fitness News

News From H&H

Issue #20 October 2010



His & Her Fitness Newsletter

12 Weeks until 2011, it is a great time to review your goals and set new ones.

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Rios Baby Shower



His & Her Fitness is hosting a baby shower for Jonathan and Hollyn Rios **October 31st from 1-3**. Dress as your favorite super hero or trainer!

They are registered at Target and Baby's R Us

The couple is expecting Gabrielle Alyse Rios to arrive December 3rd.

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SACRED STEPS

Issue: #20

October/2010



How to Avoid 10 Pounds of Holiday Cheer!

There is a chill in the air, the leaves are turning and I SMELL PUMPKIN PIE! Ok, this is a great time of the year but it is also an easy time to fall off the "healthy" wagon. So here are a few tips to curb that urge:

1. Drink two 8 oz glasses of water before eating. Studies show those that drink 16 oz of water before eating consume 75-90 fewer calories per meal.
2. Before going to a party where you know there will be "Hefty Holiday Fare", eat some healthy food at home and curb your appetite.
3. Alcohol is empty calories and can really add up. Alcohol also loosens up your self control and you are more likely to overeat. Limit your drinking to one (women) or two (men) glasses of wine. Drink water the rest of the time. Drive home safe!
4. Remember, the holidays are not about food but rather about being with the ones you love. Focus on enjoying each others company and conversation, rather than the food.
5. When eating try to always use the smallest plate available

His and Her Fitness has participated in this run since 2005. It started with client Bob Hite and Christina at the event. Bob walked the first one, he now runs them. Last year we had over 20 clients from our studio supporting this event! Read below and sign up for this wonderful event supporting Africa.



The SACRED STEPS 5K Run/Walk provides funding for ground-level projects in Sub-Saharan Africa combating the devastation caused by HIV/AIDS. Our mission in Africa involves improving the quality of life for hundreds of orphans, widows, women and children who are living in poverty by focusing on education, safe water and community needs.

PLEASE JOIN US FOR the 2010 SACRED STEPS 5K Run/Walk OCTOBER 23. Race begins 8:00 AM Church of the Resurrection Leewood Campus.

Your participation in this event, whether you run, walk or donate will make a lasting difference in the lives of those living in poverty.

[Register On-Line](#)

Ladies Night - Morning or Afternoon!!!

Are you looking for a fun, healthy activity to do with your girlfriends? Round up five or six of your friends and set up a Ladies Session. Your Ladies Session will include a one hour group training session for 30 dollars per person, then there will be a healthy meal waiting for you at Wine Flights. The meal cost \$7.50, wine is extra. Your group also gets a goodie bag filled with coupons to local stores, such as Feng; ZeNail & Spa; a massage from Salli; a facial discount and a few other fun things. Coupon selection can vary. Call today and set up your girlfriend time!

913-206-7645

Salli's Serene Corner

The holidays can be stressful. Make sure you take time to enjoy the special moments. There are children's parties, shopping, hosting parties and of course the chill in the air. Sounds like a recipe for some tight and tense muscles too. During the holidays it is also important to give your-self a brief respite. Massage offers the relief and time you need to feel better and refocus. Massage also makes a great gift. Call today and plan ahead for the holiday festivities. Giving yourself a break will only make the time that

and limit yourself to one visit to the buffet. Go for the simplest prepared food. Fruits, veggies, shrimp cocktail, things that are clean. Avoid sauces and dips, unless you want them on your hips!

6. Make a holiday tradition of going for a walk after your meal or planning some kind of activity that gets you up and moving.
7. Pace yourself. Do not try to eat only during the first thirty minutes of a party. You will cram in way too much. Rather, pace yourself and put your fork down between bites. Take small bites and chew slowly, savor the taste and enjoy the effort put into preparing this tasty tidbit.

Gifts that are Good for the Heart and Soul

Too Much Stuff!

Sometimes I am overwhelmed by the things in my house. I have lots of stuff...too many hobbies. My girls have birthday parties and go to parties and the toys and such accumulate. It goes on and on. After my mother's stroke, I went through *her* house and de-cluttered the place. She was an excellent housekeeper, but like most of us had a lot of "stuff" she did not use or need. So now when I give gifts, I try to limit the "parts" or make it something that is easily used up, disposable or very functional. So here is our holiday recommendations for you.



KISS (Keep It Simple Sweetheart!)

1. Buy **training sessions** for your loved one. Gift certificates available at His & Her Fitness
2. **Massages** - who does not like a massage or need one? Call Salli 913-271-6134
3. **Heart Rate Monitor** - the best way to track your workout. Available at His & Her Fitness
4. **Work Out Clothes** - Feng for women and Title Boxing for men [Link to Title Boxing.com](#), [Link to Feng](#)
5. Hire Joni from Standard Style to come in and **clean out your closet**. (Every female would like this!) [Link to Standard Style](#)
6. **Water bottle** - Make sure your loved one knows how much water they are drinking and are not filling up the landfill with bottled water! Camelbak's available at His & Her Fitness.
7. **Fruit of the Month Clubs** - wonderful gifts! [Harry and David](#)
8. Gift certificates to Wine Flights, Blue Moose or Take 5. Trust me they will get used. [Link to Wine Flights](#), [Link to Blue Moose](#), [Link to Take 5](#)
9. Gift certificate for Success Meals. Healthy meals delivered to your door, wonderful! [Link to Success Meals](#)
10. A nice cooler, for packing nutritious food. Excellent choice for families on the go.

We hope you find this list helpful!
We wish all the best during this blessed season!

Cardio - Check out the link to see the exercise in action!

Dot Drill - Do not be afraid of the word drill. It is fun!

Beginner - Set 5 cones/objects like the face of a five dot die. Stand with both feet on the lower left side dot, step with right foot followed quickly by the left foot to the lower right side dot, continue motion to center dot then upper right side dot ending at upper left side dot. Turn around and repeat for 30 seconds. *Sound complicated?* It is not! [Check out the video!](#)



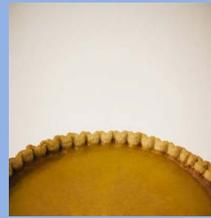
Intermediate - set up cones, stand with both feet on lower left side dot. Hop with both feet to lower right side, center, upper right side ending at upper left side. Turn around and repeat for 30 seconds. [Here is the video!](#)

much sweeter.
913-271-6134 for Salli

Advanced - Perform intermediate drill but when at upper left side repeat drill in reverse, facing backward. Repeat for 30 seconds. [Here is the video!](#)

Told You I Smelled Pumpkin!

We try to avoid artificial sweeteners and HFCS when we can...so we opted for a few changes in the recipe. As with any sweet treat, moderation is the key and for special occasions only.



Pumpkin Cheesecake

2 cups of low-fat ricotta cheese
1 can (15 oz) pumpkin puree
1/2 cup real maple syrup
5 Tbsp sugar
1 tsp pumpkin pie spice
1 tsp vanilla extract
3/4 cup whey vanilla protein powder
1 Ready Crust reduced-fat graham cracker crust
1 cup Cool Whip Free

Preheat oven to 400 degrees

- In a large mixing bowl, combine ricotta cheese, pumpkin puree, maple syrup, sugar, pumpkin pie spice, vanilla extract and protein powder; mix well.
- Pour the filling mixture into the crust and smooth it with the back of a spoon. When I made mine, there was a lot of batter left over. Do not over fill the pie tin. Make sure you put your ready bake crust on a cookie sheet. This makes handling the tin much easier and less likely for it to bend. Bake until the mixture is set, about 40 minutes. Be careful not to go too long, or the graham crust will burn. It is done when you insert a toothpick in the center and it comes back clean.
- Remove pie from oven and let cool for 15 minutes. Then refrigerate at least 2 hours.
- Slice into 8 portions. Top with a small dollop of Cool Whip and enjoy, then see above cardio article!

This recipe was adapted from the "Eating For Life" book by Bill Phillips. Available for sale at His & Her Fitness.

Our Super Clients of the Month

Kim and Jim Gampper

As a middle aged couple, we identified the need to place more focus on our nutrition and fitness for life longevity. Although we routinely exercised, we were not keeping up because of our poor eating habits. As program managers with demanding and stressful jobs, eating processed foods on the run became a normal occurrence. We needed to learn how to eat better and understood that this would require an eating life change relative to nutrition and not an on/off diet. His & Her Fitness became the perfect fit and solution for us.



Before His & Her Fitness, we ate fast food and processed food on most days and spent most weekends going out to eat with friends. We were initially intimidated by the new eating guidelines and choices. However, it was much easier than we anticipated and we were surprised that we rarely got hungry or missed the "fast food world". We specifically like documenting our daily food intake via our food journals. It ensures that we eat the proper mix of fibers, starches and proteins every few hours. We found that eating healthy really isn't hard, it just take

preparation and consistency. We prepare our meals the night before for the next day which ensures that the meals we have to eat out of the home are healthy and have the right combination of nutrients. A big part of our success can be contributed to us training together as a couple. We have always enjoyed exercising together but training at His & Her Fitness had taken us to a new level and we can really see the results of our hard work. We help each other, push each other and most importantly, we are having a blast! We are both achieving our body fat and weight loss goals. We have never felt better and we can't imagine going back to our old way. The success of the program is directly tied to us doing this together and the great team at His & Her Fitness.

Special thanks to, Seville, Briana, Brent and Christina and all the wonderful staff at His & Her Fitness!

Trainer of the Month

Whitney Kaufman

My clients are my success. They all train hard, are consistent with their cardio and keep their nutrition on track from week to week. Each and every one of them deserves the results they have achieved from their hard work and diligence to the new lifestyle. I asked several of my clients to share what has made them successful in their new lives. My clients had several great responses and below I want to share thier word with you.



What has made me successful at His and Her Fitness:

"Just do it even if you know it is going to be difficult and after a while it becomes a part of you. You feel better. Proud. Being held accountable in a kind way is very helpful. Praise from a trainer. Small successes add up. We all come there to make a change. Change is not always easy but can lead to incredible things. I have not felt this good in years!"

"Keep getting back on when you slip up and hold on through a bad day, tomorrow will be better. One day at a time. Plan ahead. Make it easy on yourself."

"You have to be motivated and in a positive mind set. Most of all you have to trust your trainer and stick to your nutritional and cardio game plan (no cheating). First the lifestyle change is hard, sore muscles, change in diet, cutting out foods your body is used to, the time you have to make for exercise, but when you do all these things you will see results and that keeps you motivated...so start out well and keep going!"

"What has helped me tremendously is by planning my meals and having it packed for the day. I love my new Tupperware and fitness cooler. It forces me to eat clean and not crave certain foods. If you are starting out or having setbacks make small goals. This will help you meet your overall health and fitness goals."

"Eat before you go to an event. Or better yet bring a protein bar. If all else fails fake it! One time we were at a friends house for dinner and I faked eating and when nobody was looking I gave my food to my husband."

"Variety. Continue to switch up food ideas and cardio. That way you never become bored or the workouts become monotonous."

I would like to thank all of my clients for all of their hard work and for their great advice. Just know that everyone struggles on some days but it is important to remember your goals and push through the hard times because the good days are so rewarding!

Competitions - Topeka 2010

Our competitors had a great time in Topeka at the Kansas State Championships and the Land of Oz Open. Congratulations to: Jackie Knopke 2nd in Figure Open Medium; 3rd in Bikini; Susan Ayers 1st in Sportswear, 3rd in Figure Novice, 2nd in Masters, 2nd in Tall Open figure:



Jenny Lillis 1st in Fitness Wear; Michelle Faul 2nd in Fitness Wear; Sally Johnson 3rd in Fitness Wear; Debby Hardy 4th in Fitness Wear.

Our Trainer Brent Pitts won first in Novice and Open Middle Weight Body Building.

Congratulations athletes on a job well done! Now our team is off to Norman Oklahoma to the NPC Red River Classic.



Do you have a friend that wants to train? Or are YOU thinking of coming back and re-affirming your fitness goals? We are looking for you! Our trainers have the following openings

- Jonathan Rios - two openings
- Whitney Kaufman - two openings
- Briana Brewer - several openings but is filling up fast!
- Kellen Brownlee - new to the team and ready to get you fit!
- Erin Melton - also has several openings but filling up fast!
- Brent Pitts - new to the team and ready to get you fit!

Book now before the post holiday rush. Get the time you want and avoid the holiday 10 with help from His & Her Fitness.

Make this Holiday Season Healthier!

Christina Larson
His & Her Fitness
Proprietress

October 11th, 2010

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