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news



His & Her Fitness News

News From H&H

Issue #21 November 2010



His & Her Fitness Newsletter

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Make a New Healthy Tradition



21st Annual
Thanksgiving Day 5K
Run and Family Stroll
Thursday,
November 25th
Sprint Campus,
Overland Park
To register, click
below:
[Registration](#)

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There are just 7 weeks left until the New Year!
JUMP start your resolutions and get started on your new
goals now! Wouldn't it be great to start the New Year
having accomplished you lifestyle goal?

FIBER - It Keeps You Going!

Holiday Woes

Cheese platters are everywhere, wine and alcohol dehydrates you, you have a million things to do and are not eating right...oh no!!!!!!!!!

Relax. Let's see what we can do to forestall the ugly event we are alluding to.

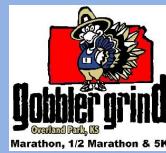


The answer is fiber. Women should have about 25 grams of fiber while men should have over 30 grams of fiber a day.

Let's make a plan.

Before you walk out the door to a holiday party, drink at least 12 oz of water and one of the following: a small salad; some veggies; small bowl of berries or oatmeal. Fiber fills you up and may make you less likely to visit the cheese tray twice at the party!

Make a New Healthy Tradition



14th Annual Gobbler Grind Marathon, Half-Marathon and 5K Sunday, November 21st Corporate Woods For more info and registration see link below.

[Gobbler Grind](#)

Our Clients in the News

Check out our client Dr. Greg Monaghan's article in Johnson County Lifestyle. What a great article and man! Congratulations Dr. Monaghan! [November Issue](#)

Do not leave home without filling your water bottle. People often confuse thirst with hunger. All you really need is a drink of water, not another nibble.

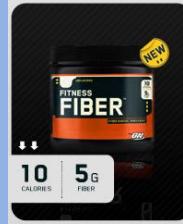
What foods can I safely eat without blowing all the great success I have achieved this year? Let's see: Remember, light on the salt and fat...eating clean means eating it in the closest natural form you can!

A few other fiber filled, healthy choices:

| | |
|-------------------------|-----------------|
| artichoke | oatmeal |
| asparagus | salad |
| green beans | mushrooms |
| bell peppers all colors | radish |
| broccoli | steamed veggies |
| cauliflower | zucchini |
| cucumber | spinach |
| salsa | brown rice |
| rice cakes | |

So eat your raw veggies. Drink water and hydrate yourself to a healthier you in 2011!

Still feel like things are not going the way they should? We do carry **Optimum Nutrition Fitness Fiber**. Add a teaspoon to your favorite beverage, shake or oatmeal and add 5 grams of fiber, flavorless and only 10 calories.



Cardio: Side Kicks - and we are not talking about Robin!

Beginner: side kicks

Stand with feet shoulder width apart, raise right leg in a kicking motion lower tap ground and repeat for 30sec. Switch legs and repeat for 30sec.

[Beginner Video](#)



Intermediate: squat side kicks

Stand in squat position, squat 3 times, then repeat beginner side kick, repeat for 30sec. Switch sides and repeat.

[Intermediate Video](#)

Advanced: jump squat side kick

Stand in squat position, squat then jump straight up. Repeat beginner side kick. Continue jump squat, side kick sequence for 30sec. Switch sides and repeat.

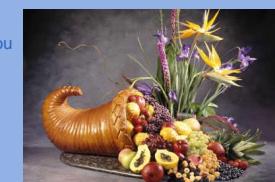
[Advanced Video](#)

Recipe of the Month

Deluxe Turkey Dinner

This recipe works great if you have left overs or you are going to someone else's home for Thanksgiving and want to have a little Thanksgiving at your home.

Serves 4
Prep Time: 55 minutes



1 cup of herb-seasoned stuffing mix
1 cup of fat-free reduced-reduced sodium chicken broth
2 stalks of celery
1/2 cup of chopped onion
4 portions of turkey breast, sliced, about 1 lb
1 zucchini, sliced
1 yellow squash, sliced
1 cup whole-berry cranberry sauce

1. Preheat oven to 350 degrees
2. Prepare stuffing according to directions, substituting fat-free chicken broth in place of butter. Add celery and onion to stuffing and mix thoroughly.
3. Lightly coat and 8 x 8" baking dish with cooking spray. Layer turkey breast slices evenly on bottom of the baking dish and season with freshly ground pepper.
4. Evenly layer sliced zucchini and yellow squash over turkey, top with cranberry sauce and spoon stuffing over top.
5. Cover with foil and bake until dish is heated through. Approximately 30-40 minutes.

Recipe adapted from "Eating for Life." On sale at His & Her Fitness. A great gift to start the new year out healthy!

[Here is a quick meal for single folks or busy families](#)

4 chicken breast

1/2 jar of reduced sugar BBQ sauce
1/2 cup of chicken broth
Put all the above in crock pot on low for 6-8 hours

When you get home slice sweet potatoes, place in foil wrap lightly sprayed with cooking spray, spray with spray butter and sprinkle cinnamon. Wrap up and grill for 20-25 minutes.

Meanwhile microwave frozen green beans and toss with a little red wine vinegar and water. About a 1 to 3 ratio. Sprinkle with dried dill. Serve warm or cold.

SUPER Client of the Month!!!!

Niki Totta

I am a mother of three young children trying to juggle everyday life. In the process I developed some pretty bad habits. I found myself at H&H needing to lose weight and get back in shape. I have managed to do both of those things with the support of my wonderful trainer, Whitney Kaufman

I have achieved all of my goals and have made a few new ones. I have learned to find the balance of eating right and finding time to exercise when I didn't think it was possible. H&H has provided with the knowledge of diet and exercise that have helped me in achieve my goals. I have been empowered with knowledge and been held accountable to both exercise and diet. There have been days I didn't feel like working out or eating right but with encouragement and praise it has become part of me. For any of you struggling to do this keep going, it becomes HABIT and something you learn to love.

I am grateful and proud to be H&H Fitness Client of the Month.



Trainer of the Month

Brent Pitts

I have been a successful trainer within the Leawood community for the past several years. I decided to make the move over to His & Her Fitness to work with some of the best trainers and facility that Kansas City has to offer. I was born and raised in Overland Park.

At an early age, I quickly became involved in pretty much every sport that a boy could play from- wrestling, soccer, lacrosse, football, baseball and ice hockey. Surprisingly, being from Kansas (not usually considered to be the hockey capital of the United States!), ice hockey became my passion. I attended the University of Wisconsin- Stevens Point for a year and a half on an ice hockey scholarship. I later returned to the University of Kansas to finish up my double major of a BS in Exercise Science and Business Administration. I also hold my personal training certification under the American College of Sports Medicine- ACSM.



With my involvement in so many different varieties of athletics, my love for working out, training, and living a healthy and clean lifestyle became second nature! There is no better feeling than when you take those last few strides of that 5am, three mile morning run, or finish that last set of lunges as your legs begin to throb! The amount energy, stress relief and overall sense of well-being that you experience from exercise is incomparable to anything else out there.

I have been a personal trainer now for over five years in Kansas, Missouri and Minnesota. I could not possibly imagine having a more rewarding and fulfilling job. My clients, both present and past have made me the trainer that I am today. I am blessed each day to be able to influence and change the lives of my clients. Each and every one of my clients are successful.

I like to look at there being three pieces to the puzzle to building a better you. First piece: constructing a healthy, clean and obtainable diet; Second: Resistance/weight training; and third: Cardiovascular training no less than 30 minutes per day, six days a week! Once you put all three of those pieces together the possibilities of your success are limitless!

Lastly, I would like to thank all of my clients for their daily commitment to living a clean and healthy lifestyle, their constant hard work- both in and outside of H&H, and for

making me proud and honored to have you as clients. Thank you.

November 14th, 2010

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