



news



## His & Her Fitness News

News From H&H

### Issue #22 December 2010

Happy Holidays

From His & Her Fitness

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#### H&H Holiday Party

Hosted by  
Kim and Jim Gampper  
December 18th at 7 pm  
Join the His & Her family for good food  
and good times!

There will be drawings for prizes and  
opportunities to maximize your  
chances of winning by donating to the  
Leukemia and Lymphoma Society.  
Come and go as you please...  
Holiday casual attire.

The party will be located at:  
5341 W 164th Place  
Overland Park, KS 66085  
(Not at the studio)

Christina Demo ON/ABB

#### Warming Up ---Not Just Because it is Cold Outside!

There are TWO really important reasons to warm up before you begin your exercise routine:

1. It reduces your chance of injury
2. It improves your performance

#### So do not blow it off!

How should you get started?

First warm up your core temperature. This involves some repetitive cardio motion. Use the elliptical, ride the bike or walk at an incline for 5 to 10 minutes.

Next you should move your joints through a full range of motion. Examples are: arm circles, knee bends and windmills. These are continuous and not stretching exercises. Do about 10 or 15 repetitions of each.

Warm up sets with light weights and high repetitions. You should always start your workout with weights this way. It allows to muscle to warm up and prepare for the next set.

OOPS! What about stretching **before** working out? Recent studies have shown that stretching prior to working out actually lowers your strength during training and will not reduce soreness afterward. Stretching is best afterward and it allows the body to slowly cool down and relax.

## Supplements in California at 24-Hour Fitness

Christina will be promoting ON/ABB products December 23 in El Cajon, California.

She will be joined by ON athlete Kelecha Opari!

## Salsa is NOT Fattening!

Not when you are with Jonathan! Try a Salsa class with Jonathan on Wednesdays at 6:30 am. Only 10 dollars per session.

## Holiday Gift Ideas

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
5. Hire Joni from Standard Style to come in and **clean out your closet**.
6. **Water bottle** - Make sure your loved one knows how much water they are drinking and are not filling up the landfill with disposable water bottles. Camelbak water bottles are available at His & Her Fitness.
7. Gift certificates to Wine Flights, Blue Moose or Take 5. Trust me, they get used.
8. Gift certificate for Success Meals. Healthy meals delivered to your door.
9. A nice cooler, for packing nutritious food. Excellent choice for families on the go.

## Creative Cardio- Hop on Over!

Beginner- stand with feet shoulder width apart. Step out laterally to the right side, stand on right foot and take left foot and step out laterally to the left. Repeat from side to side for 30sec.

### Beginner

Intermediate- use a BOSU ball or small step. Stand to the right side of the object, step with the right foot on the object continue with the left foot, then continue to the other side of the object by stepping off with the right foot and then left. Continue from side to side for 30sec.

### Intermediate

Advanced- perform intermediate exercise with a bench or taller standing object.

### Advanced

## Recipe - Eggnog Protein Drink

Eggnog is sometimes referred to as a heart attack in a glass! It is super high in calories and fat. That creamy warm feeling is your arteries clogging up instantaneously! Might as well take a lipid lowering medication as an appetizer!

## Try this:

Add a dash of cinnamon, and I mean a dash, too much is nasty, dash of nutmeg and a sprinkle of butter buds to a vanilla shake and viola you have a delicious alternative that won't slow your heart.

As a side note, many folks like a little chocolate cappuccino hot drink during the holidays. Let us recommend, making your protein drink in a shaker and then heating in a mug. Yum, hot chocolate with benefits!

## Clients of the Month

Our December clients of the month are Don and Shea Walsworth. They train twice a week with Christina Larson. Don reached his goal of dropping 20 pounds and two pant sizes. He achieved this with dedicated cardio on the elliptical machine, giving up a three-soda-a-day habit (January is his one-year anniversary of being soda-free) and eating smarter. With both Don and Shea committed to fitness, they keep each other accountable, along with weekly measurements by Christina. When on vacation, they prepare in advance to maintain, not gain. Over spring break, Christina customized a workout for them to do by videotaping them and sending it to Shea's iphone so they could follow the routine on their own.



Being healthy role models is important to these parents of tweens. Their children, also involved in year-round athletics, love to eat salads, fruit, salmon and anything grilled. Even though their evenings are sometimes overloaded with activities, Shea prefers for the family to eat at home and rarely lets the kids have fast food.

Last February, Shea and the kids competed as a team in an indoor triathlon at the Jewish Community Center. They finished first in their division and had the third fastest time overall. The kids also join Shea in competing in local 5Ks and have earned awards for their fast finishes.

In preparation for a February indoor triathlon competition, Shea just stepped up her training program to include swimming and cycling. In warmer weather, she prefers to run outside. Don's knee surgeries preclude him from joining her, but he plays a lot of golf April - October and competes in amateur tournaments around town. In June he was the low amateur at The Watson Challenge event.

## Trainer of the Month: Jonathan Rios and New Daddy of the

## Month!

Jonathan and his lovely bride Hollyn, will be providing a blog of their combined weight loss progress on the His & Her Website. They will discuss the new challenges they face as they attempt to lose a combined 40 lbs of weight and gain some muscle after the birth of their daughter, Gabriella.

Their goal is to reach their target weight by March 1. Check in and see how they face the challenges of new parenthood, working parents, squeezing in workouts and cooking clean healthy meals. Let's cheer on this new family!



## Meet Two Stars of the Fitness World!

Have you ever thought about competing?  
Secretly wanted to?

**Come learn from nationally ranked professional athletes, national judges and professional fitness photographers and make-up artists!**

Register before January 5th with an ad from KC Fitness magazine and save \$50 dollars on registration.

You can pick up your own copy of KC Fitness Magazine at: HyVee; Price Chopper; Hen House; Sams; or Barnes and Noble.

Contact us with your interest and for more information at the link below:

[His & Her Fitness](http://www.hisandherfitness.net)

or call:

913-206-7645

We are limiting the camp to 20. So call today!

## SAVE THE DATE! JANUARY 22, 2011

**ERIN STERN**

**HIS AND HER FITNESS CAMP**

**ROBBIE NUTRITION MAKEUP HAIR SKIN CARE AEROBIC/STRETCH PHOTOGRAPHY FBIS JUDGE 2 PREG D&H RAY**

I offer sport-specific training, and figure contest prep. I can help find the athlete in you, whether you'd like to compete or just look the way you do. Contact me for program... today is a great day to start the journey to a new you!

An 8-week training program will enable you to lose those unwanted pounds, gain muscle tone, improve symmetry, and improve your overall health and appearance. You set the competition involved in my program. My unique approach will help you transform both body and mind. Let's face it, most athletes just want you to exercise. If you are a self-starter, then try 4.0, or 8 weeks program for you! This is not a one size fits all plan. It's based on your body type and goals a free evaluation is included in the price.

**Accomplishments:**  
 2008 FBIS Figure Pro, Card of the Month (Special NPC Nationals 2008),  
 2008 Figure International, 10th (Pro Debut)  
 2008 Omaha Figure, 6th  
 2008 Jacksonville Pro, 2nd  
 2008 Houston Pro, 2nd  
 2008 Figure Olympia, 6th & Rookie of the Year Award  
 2008 FL Lauderdale Pro, 2nd  
 2010 Bodybuilding.com Spokesmodel Search, 2nd  
 2010 Figure International, 2nd  
 2010 Orlando Olympia Figure, Champion - 1st Pro Win!  
 2010 Figure Olympia Champion!

**ALICIA HARRIS**

**ONE DAY ONLY**

Alicia Harris is an IFBB Figure Pro, which she earned at the 2008 NPC Teen Universe Bodybuilding, Fitness & Figure National Championships in New York, NY. She has a Bachelor's Sports Management from Northern Illinois University. She has been involved with many of the sports teams around Chicago, where she resides, including the Chicago Bears! Alicia is currently sponsored by Common Nutritionals.

**ALSO APPEARING...**

**ERNEST BREA**  
FBIS PRO JUDGE

**JACKIE BURNS**  
MAKEUP ARTIST

**DAW RAY**  
BXMUSCLE

**CHRISTINA LARRON, OWNER OF HIS AND HER FITNESS AND SPONSORED ATHLETE OF DNIABB WANTS YOU TO KNOW, THE "TIGER WOODS" OF FITNESS WILL BE IN KANSAS CITY!!!!**

**HISANDHERFITNESS.NET 913-206-7645 5328 W 151st St, LEAWOOD, KANSAS 66224**

His & Her Fitness would like to thank you for a wonderful 2010!  
We appreciate every client and want you to realize your fitness goals. Thank you for your patronage and faith in us.  
**WE WILL GET YOU WHERE YOU WANT TO BE!**

Happy Holidays and God Bless,

**Christina Larson**  
His & Her Fitness

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December 10th, 2010

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**913-206-  
7645**

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