



news



His & Her Fitness News

News From H&H

Issue #17 July 2010

**Every day is an opportunity to
make something in your life
better!
DO IT!**



Booze = M to XL !!!

Why alcohol stunts your weight loss goals.

It is hot! The end of the day and you are worn out. Ahhhh, how about a cocktail or two or three.....But oh, will it make my hard workout with my trainer this morning null and void?

Let's look at some quick facts:

- It is empty calories – meaning without nutrition. Per gram, it has only two fewer calories than FAT!
- It lowers your inhibitions and increases your appetite – so your willpower is gone and you are starving. Great combo!
- Too much is bad for your liver, kidneys and stomach.
- It makes you SNORE!
- It lowers testosterone levels and elevates cortisol
- It elevates estrogen

How about that for some fun? You probably already knew the first four. Let us look at the last two and how it effects the sexes and your weight loss goals.

MEN: Lower testosterone means, less sex drive, less ability to burn fat, less ability to develop lean muscle mass. Alcohol diminishes liver function causing an elevation in estrogen. Elevated estrogen gets you in touch with your feminine side. Some symptoms being, "spider veins" in nose and checks, gynecomastia (man boobs) and testicular atrophy.

WOMEN: The chief debate is heart versus breast. The cardiovascular benefits of alcohol were mainly seen in those with risk factors for cardiovascular disease. They were drinking one to three drinks a week. More than three drinks a week saw a rise in death from cirrhosis and breast cancer. HRT and birth control medications increase your ability to absorb alcohol thereby elevating your estrogen levels. Elevated estrogen levels have been associated with breast cancer.

We have all heard that certain "alcohol" is good for you and has cardiovascular benefits. So how much, where does it fit in a healthy lifestyle. To make significant weight loss changes, alcohol should be reserved for special occasions. Then limiting it to just one drink if your female and two if you are male. You can not add up and consume a bunch if you have not drank in a while. That will not work either.

Bottom line is, reserve it for very special occasions and you should speak to your doctor about what is right for



you.

Article Support:

[Elevated Cortisol](#)

[Women, Estrogen and Alcohol](#)

[How much alcohol can I drink?](#)

[Snoring](#)

Creative Cardio

Check out these video links!

[DID YOU KNOW WE GOT A CYBEX THIS WEEK?](#)

Cybex



Three great choices you can do to mix it up.

The last two can be done anywhere!

No excuses!

Click on link to see videos.

Beginner

[Our new Cybex – proper form for maximum workout](#)

Drive through your heels

Stand tall – no leaning

Moderate

[Squat Jumps to Success](#)

Drive through your heels

Get low

Abdominals tight

Shoulders in-line with hips

Advanced

[Step or Box Jumps – Be quiet!](#)

Squat low

Jump forward

Land soft

4th of July – Healthy EATS!

“Lighting” Up the Fair

Appetizer

Nuts and Berries

1 cup of almonds

1 cup of walnuts

1/2 teaspoon cinnamon

a drizzle of honey, not to exceed 1 tablespoon

1 cup of fresh raspberries

1 cup of fresh blueberries

Mix nuts with honey and cinnamon. Stir. Add berries and gently toss.

Meat Dish:

Citrus glazed Chicken

Serves 4

2 tablespoon lemon juice

2 tablespoon orange juice

1/2 teaspoon grated lemon peel

1/2 teaspoon grated orange peel

4 boneless, skinless chicken breast halves

Cooking spray

Directions

In a shallow bowl, combine the first four ingredients. Pound the chicken to 1/4-in. thickness(optional); marinate in citrus mixture for 30 minutes. Grill over medium heat until cooked through. Enjoy!

Dessert

Red, White and Blue Crepes

Serves 4

1/2 cup of egg substitute

1/2 cup of skim milk

2/3 cup of whole wheat flour (All Purpose is OK)

1 teaspoon of honey



12 oz of light fat-free yogurt (any flavor you like)
 6 Tablespoons of vanilla whey protein
 2 cup of fresh berries or mix the berries, slice your strawberries)

In a medium bowl, whisk the egg substitute, milk, flour and honey until well blended. Lightly spray a small non-stick skillet with Pam. Place over medium heat. Pour about a fourth of the crepe mixture into heated skillet and tilt skillet to spread the batter. When edges are dry, flip and cook until lightly browned.

Place each crepe on a small dessert plate.

Mix yogurt and protein. Divide yogurt mixture among 4 crepes. Spread it around on crepe. Top each with berries and flip one side over, like an omelet. Maybe a little fat-free topping if you got it. Enjoy!

Looking for more great recipes?

We sell "Eating for Life by Bill Phillips."

A great resource for healthy eating. Ask your trainer today.

Super Client of the Month

Kevin Kaufman

**Lost 31 pounds and
 8% Body Fat In 6 Weeks!**



I came into His and Her Fitness overweight, out-of-shape, and looking for a possible starting point for a solution. It had been years since the last time I found myself in a normal workout routine. I expected that by doing something vs. nothing at all, I could at least make some progress. I did not expect the results I achieved. The only goal I set for myself was not one of numbers, but rather was one of execution. I told my trainer, Seville Ko, that I would do whatever he asked me to do for the next six weeks, and we would let the rest take care of itself, and that's exactly what we did.

With the support and encouragement of my wonderful wife and the consistent reminders of executing against the plan from my trainer, I achieved results that exceeded my expectations. Seville put a plan in action that allowed me to progress at my own pace. His high energy, positive attitude, and the fun environment he created at each workout challenged me in a manner that encouraged me to work harder. If you are looking for a trainer that enjoys what he is doing and that can motivate you to stick with your goals, look no further than Seville Ko at His and Her Fitness.

For more information see:

Trainer of the Month

Briana Brewer



It was five am in the morning, I was getting ready to go to His & Her and my cell rang. I answered and my mom was on the phone. She told me that my dad had lost another 4.3 lbs this week, and then after her statement came tears of happiness. She started crying with joy telling me thank you for helping save his life and prevent him from having even more surgeries. Mom was overwhelmed with relief that her husband would be closer to living a pain free life. I was happy I could help my dad live a better life because I want him around as long as possible. It is moments like these that make me realize that putting my passion into others lives was the greatest decision I have ever made. Seeing people change weekly and getting to be a part of my clients lives is always rewarding. I get excited for my clients to start this journey. I feel if they do not succeed than I am not succeeding. I always try to go above and beyond to make my clients reach their goals and to connect with them. I cannot thank my clients enough for sticking with me because they are truly family to me. Doug and Julia Moon are very busy. They come in week after week and have the best attitudes. Blake Spencer brought his daughter Emma into the studio. I love being there to inspire and reach out to her. Chris Garrison, is always reaching new goals while working at a chocolate factory. Believe me, that isn't easy! Who can resist that sweet, tasty chocolate day after day? Mark Hagen always finds ways to make me laugh and I enjoy seeing the progress he is making on his physique. I can't wait to grow even more as a person and trainer at His & Her Fitness. I love the H&H family! I could not ask for better co-workers! My plans for the future are to gain even more clientele, be a networking diva and do my best at all times for the studio.

For more information about our trainers:

[Trainers](#)

I hope you enjoy our newsletter. If you have any ideas or topics you want covered, just shoot us an email. We value your input!

Sincerely,
 Christina Larson
 Owner/Trainer
 His & Her Fitness
[Email Me](#)

July 8th, 2010

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