



news



His & Her Fitness News

News From H&H

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Back to School - Time To Ramp Up Your Goals and Your Lifestyle



Summer is almost over. Time to get the kiddos ready for school. When that is over, what are you going to do to keep your training on track? Life is busy, but you have trained this summer and you do not want to lose what you have gained. Or maybe you slacked off this summer because of the kids being home.

At His & Her Fitness, this is a very busy time for us. Everyone wants to get back to a routine. So get on our books now so you can have the trainer and the time slot you want. Plan a sit-down with your trainer to discuss your goals for the next six months. Back to school is a great time to refocus your energy and goals on your health and lifestyle. Goals need to be specific, measurable and obtainable. Only you and your trainer know what you are capable of doing in the next six months. Lifestyle changes are small changes you incorporate into you life. They are not necessarily measurable, but can make a huge difference.

Here are a good examples of goals: Specific, measurable and obtainable. When setting goals, pick a couple. Do not set yourself up for failure. Set yourself up for success!

1. I am going to lift weights twice a week for the next six months. My trainer will hold me accountable for this, so I must report it.
2. I will do thirty minutes of cardio three times a week for the next six months. I must report it to my trainer.
3. I am going to drink a gallon of water a day. (5 Camelbaks -record in food journal)
4. I will lose X% body fat in six months.
5. I will keep a food journal for the next six months.
6. I will be able to run a mile on the treadmill without stopping.

Here are examples of lifestyle changes you can implement that are hard to measure but can have a big impact:

1. I will have a healthy bin of snacks for my kids to dive into when they come home. If I get in it, it won't be the end!
2. I will reduce my alcohol intake to only special occasions.
3. I will buy more fresh produce and less canned.
4. I will pay more attention to my salt intake.
5. I will not buy bottled water for my family, but rather have everyone use their own water bottles. Less waste.
6. I will eat out less and cook at home more.

Cardio – Shuffle Off For Fun!

No fancy equipment needed and not monotonous!

These exercises work primarily butt/hip, legs- thighs.
Click on link to see our video of each exercise.

[Beginner Link](#) – Shuffles (12 shuffles)

-Squat position, hands on hips, shuffle one leg at a time while keeping hips low, goal is to have legs at a 90° angle

[Intermediate Link](#) – Shuffle 3 times with squat jump (X 4)

- Same as beginner but on 3rd shuffle get into jump squat position with feet shoulder width apart and feet at a 45° angle, jump straight up

[Advanced Link](#) – Shuffle 3 times with a Burpee (X 4)

- Same as beginner but on 3rd shuffle squat down and put both hands on floor jump and put feet into push up position. Hop to get feet back in line with hands and jump straight up. Get back into shuffle position and continue.

Healthful Tip:

Maintain a wide base of support, as you shuffle your feet should remain at least hip-width apart to maintain dynamic balance as you move over the ground.

Quick Eats:

Want some tasty quick meals and snacks, check out the links the Nutrition page of our website:

[Spicy Szechuan Chicken Lettuce Wraps](#)

[Cherry Pecan Chicken Salad](#) (Cherries are in season!)

[Granola Breakfast Snack](#)

WHAT IS BPA and Should I Be Concerned?

Bisphenol A, more commonly known as BPA, is a chemical that has been used for over 40 years in the manufacture of hard plastics, food containers and the lining of food and beverage cans. Recent studies have reported subtle effects of BPA in laboratory animals. It appears the leaching of BPA has estrogenic activities. These studies have led federal organizations to express concerns and initiate studies of the effects of BPA in children and adults. The biggest concern is exposure to children. Their immune systems are not as mature as adults and are less likely to effectively process chemicals. All organizations agree we need more studies on BPA's effect on humans, young and old.

So in the interim, how do you reduce you and your family's exposure to BPA?

Choose glass or BPA-free plastic bottles.

Use glass, porcelain or stainless steel containers for hot foods and liquids.

Avoid plastic containers with the No. 7 recycling label – they're made with BPA.

Don't microwave polycarbonate plastic food containers. Instead, use glass containers designed for microwaving.

Reduce your use of canned foods – many cans are lined with a BPA-containing resin.

For more in depth information, see links below:

[FDA](#)

[Health and Human Services](#)

[Mayo Clinic](#)

**CAMELBAK has never used BPA in the production of their bottles!*

Super Client of the Month!

Jenny Lellis

I've enjoyed working out with Christina at His & Her Fitness ever since I walked into her new studio almost four years ago. From the beginning, she has impressed me with her knowledge, her skill and her enthusiasm. Better yet – I have personally experienced how she puts these tools to work. She improved me! With her help over the years I have sculpted what she now calls my "awesome arms." I've reduced my body fat percentage and just generally improved my overall physical appearance and health. The most important thing I've learned is that toning and cardio work are not enough. In fact, for me those are the easy things. The hard work is sticking to a nutrition plan – and now I understand that good nutrition is critical to meeting your goals. Recently I have taken steps to improve my nutrition and I've seen the benefit! Why is Christina always right about these things? Now I'm going forward with the goal of finding the right balance between exercise, nutrition and living my life – and enjoying all the vitality and expertise His & Her Fitness has to offer along the way.



NPC Bikini Winners – Omaha Showdown!

Our team of competitors took to the highways and headed to Omaha to compete in the first NPC competition for Omaha. Our team of eight ladies placed in the top 6 in every division entered. The Omaha Showdown was a great show with over 12 to 15 girls per class. Congratulations to Alexis Burke for winning first in bikini model, short division and Christina Larson for first in bikini model tall. Christina took the overall bikini model. Briana Brewer placed third in bikini short. These ladies qualified for a national competition and will be headed there soon. Sarah Brooks will be joining these girls at nationals as she has already qualified by winning another NPC competition.

Congratulations to all the competitors.



Trainer of the Month

Many of you know that our beloved Seville is pursuing another passion of his. Football! Through his contacts coaching high school football, Seville was recruited by Pittsburg State University for a position as Graduate Assistant Football Coach working with the corner backs. Obviously, someone else recognized what a hardworking, smart, ethical and great athlete he is. While at Pittsburg State, he will be pursuing his Masters in Physical Education with an emphasis in Human Performance and Wellness. IF that is not enough, he will probably teach a freshman weight training class. Go figure!

He will be greatly missed at His & Her Fitness. His clients successes speaks volumes for his skills as a trainer and as a teacher. Even as he was winding up his business with us, he was the consummate professional. He worked hard up to the last minute and made sure his clients were turned over to the excellent trainers at His & Her Fitness and they were informed of his clients needs. Clients and staff shed tears on his last day. We will miss his energy, smile and his early am dancing to Michael Jackson!

Please feel free to contact Seville via Facebook. In the interim if there is anything we can do to make the transition easier for Seville's clients, do not hesitate to contact Christina Larson.

We know you will be successful at anything you do!

All the best!

The team at His & Her Fitness

August 13th, 2010

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