



news



His & Her Fitness News

News From H&H

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Eating on the Go!

Let's make some good choices.

You are on the run and hungry! Not much time but you do not want to blow your clean eating. It is easy to eat an entire days worth of fat, salt and calories in just one fast food meal.

Here are a few tips to help you out:

- * Try to always have a healthy snack on you. Small bag of almonds, a ready to drink protein or a H & H approved protein bar. Even better pack a cooler of healthy choices. Something to tie you over until you can make better choices.

We know that is not always possible.....so here are a few more tips to buffer the effects of eating out in a rush:

- * Drink water while you are eating. Say no to soda, diet or not. Artificial sweeteners can stimulate your appetite.
- * Be mindful of your portions. Eat a portion size normal to what you would eat at home. Order a regular size or junior.
- * If you are having a fast food meal, make sure the rest of the meals you have that day are healthier. Meaning, more veggies, fruits and low-fat protein choices.
- * Eat for performance. Instead of just filling the empty void, think about what your body really needs to function at a high capacity.

Salad bar when you can: Avoid high fat toppings like dressings, bacon bits, cheese and croutons. (Cheese can add an extra 100 calories per ounce.) Avoid foods with a mayo base and try using vinegar and oil (lightly) as a dressing or a squeeze of lemon for your salad. Load the salad with veggies.

Burgers: Choose grilled or broiled sandwiches with lean meats such as lean roast beef, turkey or chicken breast or lean ham. Order items plain, without toppings, rich sauces or mayo. Choose to add flavor with mustard and add crunch with lettuce, tomato and onion. Skip the sides of fries or go for a fruit cup if you can. If your item comes with a fatty side, ask them to not include it in your order. You will not be tempted to cheat if it is not there.

Mexican: Order a bean burrito, soft tacos, fajitas and other non-fried foods. Choose chicken over beef. Pile on lettuce, tomato and salsa. Easy on the cheese, sour cream and guacamole. Limit re-fried beans. Stay away from deep fried taco shells. Some taco salads have over 1000 calories!

Pizza: Thin crust, lots of veggies, avoid extra cheese and meat as this adds calories and fat. Limit one or two slices.

Subs: Go six inch and lean cuts of meat. Avoid cheese and fatty toppings. Load up with veggies and mustard or vinegar and oil (lightly).

Think of your food as fuel for your overall daily performance....treat your body like an expensive race car!

Double Celebrations!!

Jonathan and Hollyn Our Jonathan Rios and Hollyn Finkemeier got married September 6th in San Antonio! Please join us in congratulating the pair on their nuptials.

They are also expecting an addition to their family! Little girl Rios is expected to arrive December 3rd.

His & Her Fitness will be having a baby shower at 1:00, October 31st in the studio. They are registered at Target and Babies R Us.

Attire is superhero or dress like a trainer!



BROWNIES AND BEANS, OH MY!

Here is an adventurous dessert. It comes from our own Salli. Let her know what you think. My family really enjoyed it.

Midnight Brownies

1 15 oz can of black beans, drained and rinsed
3/4 cup of agave nectar (available in health food sections)
1/2 cup of self-rising flour
3/4 cup egg whites
1/4 cup of unsweetened cocoa
1 tsp of vanilla
1 tsp of baking powder
6 tbsp of mini semisweet chocolate chips + 2 more tbsp for glaze

Preheat oven to 350 degrees

In a food processor or blender, mix all brownie ingredients (except chips) together. Blend until smooth, scrap sides down and blend again for a few seconds. It should be smooth, do not over blend. Add the chips and stir. Spread into an 8 x 8 baking dish lightly coated with non-stick cooking spray. Bake 20 – 25 minutes or until toothpick comes out clean. Cool for about an hour.

Spray a microwave safe bowl for 2 seconds with non-stick cooking spray, add the 2 tbsp of chips. Microwave for 15 seconds, remove and stir. Repeat until melted. Using a spoon, swirl the melted chocolate over the cooled brownies. Allow glaze to set up in refrigerator for about 20 minutes (If you can wait that long...we dug in warm). Serve and enjoy!

CARDIO – PLYOMETRIC MOUNTAIN CLIMBERS

[CLICK ON LINK TO SEE VIDEO DEMONSTRATION](#)

Beginner – get into pushup position, with feet together hop both feet towards hands. Repeat for 30 sec.

Intermediate – get into pushup position, with feet together, hop left to right repeatedly for 30 sec.

Advanced – get into pushup position with feet together, hop laterally left then hop to center with feet close to hands, then hop laterally right and down. Repeat for 30sec.

Clients of the Month

Kansas Air National Guard – Coyotes
coyote

We are so proud of our friends in the Kansas Air National Guard. Ninety-five percent passed their PT test! We have been getting lots of positive messages about their increased energy, weight loss, muscle gains, better eating as a family and overall healthier lifestyles!

Many of them train with us or keep connected via email and phone calls. We love all their positive feedback and energy. Keep up the good work!

Staff Member of the Month At H & H

Salli Johnson, LMT

In my life I have worn many "hats." I was a former dancer and dance instructor. I am now a wife and a mother of four. I have always cared for my body, health and well-being. If I did not take care of myself, I certainly would not have had the energy to fulfill those roles.

I decided to pursue a career in massage therapy after getting my first therapeutic massage, I was shocked at how much better I could feel. The enhancement of my overall health was tremendous. Six years later, I still love my job!

Furthering my knowledge in massage therapy is also very important to me. I continue to take new classes and learn new techniques to improve my skills and benefit my clients. I have clients ranging from infants to those in their nineties. I teach infant massage to new parents. I work on professional athletes and anyone who is in need of relief from pain and stress and is looking for relaxation and rejuvenation.

I invite you to take pleasure in the benefits that massage therapy provides and enjoy an overall sense of well-being. Please visit my website, Muscle Therapy KC to read some of my testimonials. It is time to feel good...you just might smile more.

Package Discounts

Receive your first 60 minutes for \$45

or

Your first 90 minute massage for \$70

Buy five 60 minute sessions and save \$50

Buy five 90 minute sessions and save \$75

Gift Certificates are available

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