



news



## His & Her Fitness News

News From H&amp;H

### Volume 3 Issue #10 October 2011



## His & Her Fitness Newsletter

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### Family Pride

Major kudos to Bryan Larson!  
 In just one year he reduced his triathlon

### Our Formula for Success

#### Nutrition, Cardio and Weights

Why do most people diet when they don't need to? During my show prep, I consume 3500 calories per day! It's okay to eat and to be hungry, but don't starve yourself. Whether you want to build, tone, or firm your muscles, you need the correct breakdown of protein, carbohydrates and fiber.

Men have 20x as much testosterone as women, so you guys can eat up and lift hard. But remember that the anyone's body can only digest so much protein at one sitting, so smaller meals throughout the day are best. At His & Her Fitness we take pride in our creative, healthy food options like a "clean" pizza. (Yes! A healthy version with alternative ingredients that tastes better than Pizza Hut!)



Currently there's lots of talk about the HCG diet. And with a 500 calorie diet... yes, you will definitely lose weight. But those low calorie levels can be scary. First, that low level of caloric intake is not enough fuel to sustain exercise. And secondly, it is very common for these dieters to experience rapid weight gain due to a non-progressive return to "normal" eating habits. His & Her Fitness is not a fitness fad or the quick fix. We are the progressive, real life solution!

It is 2011 and the cardio craze is over. You no longer have to run on a treadmill like a rat for mindless and stagnant results! Creative cardio uses interval training specific to your "fat burning" zone according to your age and 60-80% of your target heart rate zone. Overtraining causes those late night cravings for Snickers and ice cream.

And we believe that weight lifting is not just for looking good on the outside, but also for building strong bones on the inside! Did you know lifting weights increases bone density, helping to prevent osteoporosis!? Don't turn into a hunchback or suffer from lower back pain anymore!

time by over 32 minutes! Trainer (and cousin) Christina is extremely proud.



Before After

The "family first" attitude at His & Her Fitness continues to help clients reach their goals.

### Sexy Singles

#### Auction for Charity

Christina will be participating in "Sexy Singles," an annual charity auction sponsored by *KC Magazine* to benefit Big Brothers Big Sisters of Greater Kansas City. The event will take place on Friday, Dec. 9 at Harrah's VooDoo Lounge in North Kansas City, MO. The doors open at 7pm and the bidding begins at 8pm. Tickets are \$25 in advance and \$35 at the door.



His & Her Fitness will also be represented by loyal client, Justin Robinson. Justin, a Channel 9 News reporter, will be auctioned off as well.

It would be great to have as many clients and friends there as possible to show support for Christina and Justin. If anyone cannot attend, but would like to make a donation, they can do so at His & Her Fitness.

To purchase tickets or get more information on Big Brothers Big Sisters and the auction go to [www.bbbskc.org](http://www.bbbskc.org).



At His & Her Fitness we want to spark change, by helping one person at a time. Weights, cardio, and nutrition are what we are about and IT WORKS!

**Christina Larson**

Owner / Trainer MCPT-PFI / ON and ABB Sponsored Athlete

### Creative Cardio Library

Remember how much fun it was to jump rope in grade school? Jumping rope (or pretending to jump rope!) is a super workout and a great way to add some diversity to your cardio routine.



Beginner: Jumping Rope



Intermediate: Jumping Rope



Advanced: Jumping Rope

### Christina's Kitchen

#### Shrimp, Turkey or Chicken Pasta

- 4 servings multi-grain noodles, boiled
- 4 tomatoes, chopped
- 4 servings fresh spinach
- 3 tsp garlic powder
- 2 tsp thyme
- 1/4 cup chopped onion
- 4 20-gram servings of shrimp, chicken or turkey burger
- McCormick perfect pinch parmesan herb seasoning



In a skillet, cook the shrimp, chicken or turkey burger with parmesan herb seasoning.

Boil noodles.

Saute tomatoes, garlic, thyme and onion in EVOO. (Or serve cold, if you prefer.)

Place serving of noodles on plate. Top with meat and vegetables. Serve with spinach on side.

### Trick or Treat

#### Halloween Party

**Wed. Oct. 26 from 6:30-8pm**



You're invited! Come to a Halloween Party at His & Her Fitness on Wed. Oct. 26. Put on your costume and join the party! Whether you're with your family or on your own, come "trick or treat" any time from 6:30-8pm. Prizes will be given for the best costumes -- individual, group/family, couple and pet. Meet your fitness friends and enjoy a little pre-Halloween fun.

### Trainer of the Month - Seville Ko, Manager of Trainers, MS, CPT

The "family feel" is my favorite aspect of His & Her Fitness, making me particularly honored to again be named Trainer of the Month.

Many say I that overcame much adversity growing up, but everything I went through has helped me to become the man I am today. I am half Filipino, and my mother's family was born and raised in the Philippines. Because my biological father was incarcerated and my mother was unable to support me, I was raised by my grandmother until I reached 6th grade. She instilled a strict work ethic in my school work that I still carry with me today. Then my aunt and uncle, who I describe as my guardian angels, adopted me. They introduced me to organized sports in 6th grade and really allowed me to flourish. Through it all, I was blessed to have an extended family (including four



sisters) to provide structure in my life.

Being a manager and personal trainer at His & Her Fitness is something the other trainers and I take great pride in. I strive to be a living example to my clients and family, and show them that being fit means more than just 60 minutes in the gym. I preach to my clients that making healthy eating choices, maintaining consistent cardio, and continuing progressive workouts are truly lifestyle choices.

Just remember -- no matter what your training age, a fitness lifestyle is a journey. After you reach your goals, tweaks and additions (and even the occasional cheat meal) can be added to ensure long term success. I remind you that a true fitness lifestyle is a marathon, not a sprint.

### Client of the Month - Suzanne Williams



Thanks so much for this honor to be the His & Her Fitness client of the month. I have been training with Christina for over 5 years now. The keys to making a healthy lifestyle work for me are organization, consistency and prioritized commitments.

I think the key to being healthy is to have a balanced life style. It's hard to do it all -- family, work, friends, fitness, and fun. I find the main key to balancing it all is to be very organized. For starters, schedule your workouts. I have my training sessions and my cardio sessions on my calendar for an entire year. If you schedule it, it will happen! It's important for me to make time for my workouts. It keeps me on top of my game at work and at home. I have everything on my calendar because I work full time. Occasionally, when I have to cancel a training session, I always reschedule it for the same week. Maintaining those good habits is key. Consistency in my schedule is critical.

As far as healthy eating goes, again the key for me is to be organized. I make all my meals for the week on Sunday afternoon. I bring those meals to work on Monday mornings. This ensures I will eat "healthy" for the entire week. For dinner, my husband and I enjoy cooking together so we can combine being together with nutritious eating. Some meals we plan in advance and some are spontaneous. We also get my 3-year-old son involved in the cooking. It's important to get on a healthy eating track, but occasionally if you have a cheat, don't beat yourself up. Just get back on the plan quickly!

I think the last thing I would say is don't over commit. In order to balance everything important to me, I have to say "no" to some events and activities. I pick the ones that mean the most to me, and prioritize what is best for my life.

### TRY A NEW FLAVOR!

**Buy a box of protein bars  
and get  
1 ON Optimal Protein Diet Bar FREE  
(Toasted Coconut or Chocolate Mint)**

Offer expires November 12

October 12th, 2011

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