



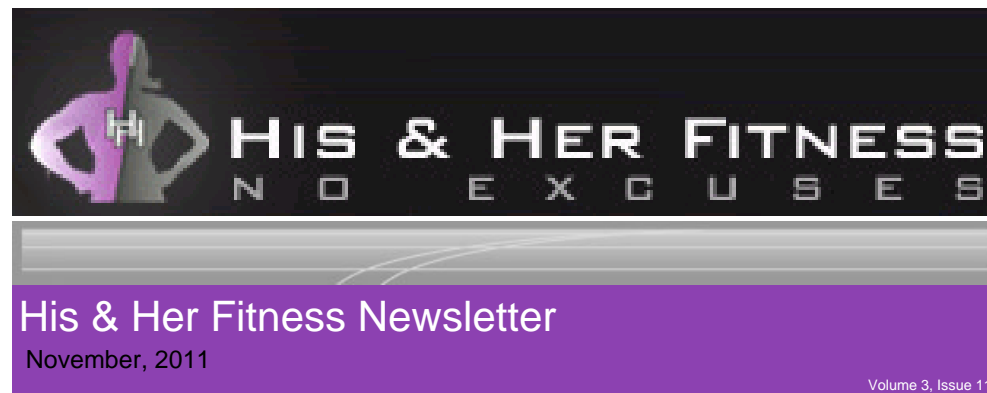
news



His & Her Fitness News

News From H&H

Volume 3 Issue #11 November 2011



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News from Christina

The holidays are heading your way!



Okay! We have had one amazing fall at His & Her Fitness! Let's keep the good energy going!

Did you know that 99.5% of His & Her Fitness clients start here for weight loss or with the goal of a balanced lifestyle? And by a balanced lifestyle, you know I mean weights, cardio and nutrition for everyone. So because the holiday season is here and those holiday festivities are already on the calendar, let's work together to stay fit, happy and healthy. Luckily for you, we will be mapping out some tricks for your success. The average American will gain 15 - 20 lbs over the holidays. Without learning the right balance, you could, too. Along with this weight gain can come depression, and let's not get into the digestion problems that can develop. I know your His & Her Fitness

trainer can help you with some individualized tips for "holiday balance," but I also hope that the following newsletter and our upcoming "Top Ten" letters will help you enjoy a healthy and happy holiday season.

Christina Larson

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

Creative Cardio Library

Step, bounce, toe touch, lunge

When space is limited, try these cardio options right in one spot! Do them on their own or add them in a rotation with other aerobic movements.

Like us on Facebook 

Save the date!

Holiday Christmas party

The annual His & Her Fitness healthy holiday party is set for Sat. December 17. Save the date so you can join the fun!

Another Kind of Giving!**Blood Drive at Church of the Resurrection**

Two Locations - 3 Days

Date: Sunday Nov. 13, 2011

Time: 7a - 1pm

Location: United Methodist Church of the Resurrection (West Campus) Prairie Trail Jr High School, 21600 W. 107th Street, Olathe

Date: Monday Nov. 14 and Tuesday Nov. 15, 2011

Time: 8a - 8pm

Location: United Methodist Church of the Resurrection (Leawood Campus - Narthex) 13720 Roe, Leawood

Appointments are encouraged, but not required. Call the Community Blood Center at 1-888-647-4040 or visit their website at www.savealifenow.org

Yummy Pumpkin Shake**Healthy Holiday Treat****Post-Workout Drink**

1/2 scoop of vanilla hydro
1/2 scoop of casein
1 tsp cinnamon
1 tsp pumpkin pie powder
4 tsp of pumpkin pie puree
5 ice cubes
A little water

Blend in the magic bullet and enjoy.
Tastes just like pumpkin ice cream!

Vote for Seville!**bodybuilding.com**

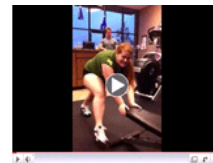
Seville Ko, Manager of Trainers at His & Her Fitness, has entered a contest at bodybuilding.com. The top 10 competitors win a chance to compete in the Los Angeles Fitness Expo in January; the top 5 win a photo shoot with *Ironman* magazine. You can vote for Seville once daily during November. Look for him at Seville20 and click on his picture to **vote** for Seville.

Sexy Singles Auction**Benefit for Big Brothers and Big Sisters**

Don't forget to support Christina and Justin Robinson when they're auctioned off on Dec. 7 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. The



Cardio Toe Touch 1
Bounce with toe touch to single spot.
Works lower abs, hip flexors and glutes.



Cardio Toe Touch 2
Lunge with forward toe touch
Works abs, glutes and shoulders.
Stretches glutes and calves

Christina's Kitchen + holiday help from Grams!**Bonus recipes for a nutritious November****Grams' Homemade Noodles (with a healthy Christina twist)**

2 cups of white rice flour
1 teaspoon of sea salt
3 egg yolks
1/2 cup of water
Turkey or chicken stock

Blend flour and salt in electric mixer with dough hook. With your hand make a "well" in center of flour. Beat egg yolks, pour into "well" and mix with flour. Add water 1 tablespoon at a time, until dough is stiff but easy to roll.

Divide dough into four equal parts. Roll dough, one part at a time, into paper-thin rectangle on a well-floured, cloth-covered board. (Keep remaining dough covered.) With a sharp knife cut a few noodles at a time. (Grams likes to make them about 1/8" wide and 2" long. If you like wider noodles, cut them about 1/4" in width.) Shake out strips and place on towel overnight.

To cook noodles: In a 3-quart pot, add 1 tablespoon salt to 3 cups stock. Use about 2-1/2 cups water to 1 cup turkey or chicken broth. (Christina prefers turkey broth.) Bring to a boil and add noodles. Turn down heat and cook until tender, approximately 15 - 20 minutes.

Christina recommends serving with turkey and green beans.

Grams' and Christina's salad

1 bag of spinach - chopped
1/2 cup of fresh strawberries - sliced
1/2 cup of blueberries
1/2 cup chopped french-cut green beans
1 chopped cucumber

Mix together and serve fresh! Perfectly enjoyable, plus healthy, for any holiday bash.

Pumpkin Pie -- for dessert, of course!

Use the delicious recipe in the *Eating for Life* cook book. (See your trainer to buy one at His & Her Fitness...)

Client Milestones**Debbie Hardy - first 5k**

On October 8, Debbie Hardy -- mother, grandmother and longtime His & Her Fitness client -- ran in her first-ever 5k. She, along with several church friends, ran in the Jared Coones Memorial 5k in Olathe. She finished 33 out of 90 in her age group (50-54). Congratulations to Debbie for setting a fun, fitness goal and reaching it!

event is sponsored by *KC Magazine*.



Mary Jo and Melinda shine in San Diego

Mary Jo and Melinda planned and prepared for months prior to their fitness show in San Diego on Oct 29. At age 57, Mary Jo placed 1st in her division and qualified for Nationals. Melinda, 40 years old and married with 2 children, came in 2nd in her class, qualifying for Nationals for the 6th time. Inspiring to all of us!

Halloween Party

Costumes are for grown-ups, too

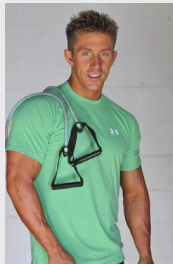
On Oct 26 His & Her Fitness clients got an early start on trick-or-treating fun. H&H clients demonstrated that they have active imaginations, as well as active bodies.

Best costume with a dog: Galinda the Good Witch

Most creative costume: Gym Rats



Trainer of the Month - Brent Pitts, Head Trainer



I had already been a successful trainer in the Leawood community for several years when I decided that I wanted to put my skills, education and experience to the test and take my training to the next level. That decision brought me to His & Her Fitness to work with the best training staff and facility that Kansas City has to offer. I have been the Head Trainer at His & Her Fitness for a little over a year now and I could not be in a happier place! Our H&H family of clients and trainers are a remarkable group of individuals, and I could not be more honored to go to work with them each morning before sunrise!

Here's a brief history on me for those of you that I haven't gotten the chance to know yet. (It's hard to talk much at H&H Fitness when we're all working hard!) I was born and raised here in Overland Park. I quickly became involved in almost every sport that a boy could play -- wrestling, soccer, lacrosse, football, baseball and ice hockey. Surprisingly, as Kansas is not usually considered the hockey capital of the United States, ice hockey became my passion. I attended the University of Wisconsin-Stevens Point for a year and a half on an ice hockey scholarship. I then came back to Kansas to graduate from KU (Rock Chalk!) with a BS in both Exercise Science and Business Administration. I also hold my personal training certification under the American College of Sports Medicine (ACSM).

With my involvement in so many different varieties of athletics, it's no wonder that my love for working out, training, and living a healthy and clean lifestyle became second nature! The energy, stress relief and overall sense of well-being that you experience from exercise is incomparable to anything else out there - and that's what I try to share with my clients.

Client of the Month - Bob Hite

Several years ago, I told Christina that my goal was "to be able to continue my lifestyle." I am now a 65-year-old bowhunter, and I recently returned from my first fall turkey hunt.

Generally-accepted hunting strategy is to break up a flock of turkeys by running into the flock (or for those who are more sensible, send dogs into the flock...) and then call the turkeys within bow range by imitating a lost hen. My friend John (also a His & Her Fitness Client) and I spotted a flock near a low water bridge in a hilly area of central Kansas. John dashed toward them on one side of the creek. On the opposite side of the creek, I sprinted west up the hill, crossed a fence into a pasture, and continued running -- up a steep hill, down into a deep ravine, up the other side, over the hill, and finally down into a secluded area near the creek, where I flushed the birds from their overhead resting place.

My half-mile sprint left me breathless, especially as I was wearing old leather hunting boots and carrying my bow. (No doubt I would have been breathless anyway!) Although we ultimately failed to shoot a turkey, we had a couple of exciting hours trying to convince two of the big birds to come home with us for Thanksgiving. Without my fitness training, I wouldn't have been able to enjoy our hunting expedition half as much.



In addition to hunting, working out at His & Her Fitness has enabled me to continue my lifestyle in many other ways - including my "rigid" diet regimen! See you in line at the doughnut shop!

Note from Christina: *As Bob's trainer, I'm honored to say Bob has come so far and it is rewarding to see him maximize every session. Even though he pretends to not eat "healthy," I know he demonstrates balance - weights, cardio and nutrition.*

50% off
on a box of ON Toasted Coconut protein bars
or
on a box of Toffee protein bars
when you purchase a water bottle or any other box of protein bars
Great for a mid-morning snack
Offer expires December 12

November 13th, 2011

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