



news



## His & Her Fitness News

News From H&amp;H

### Volume 3 Issue #12 December 2011



## His & Her Fitness Newsletter

December, 2011

Volume 3, Issue 12

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### News from Christina



#### His & Her Fitness Family

The holiday season is here and I want to thank everyone for a great year! And I want to share the best thing I have heard this holiday season from a client: "Christina, I have worked out at many places before coming to His & Her Fitness and this time of year is always tough. But with the sweet team at His & Her Fitness, I can't help but be here early and perky at 6am. I love knowing that someone will ask me 'how I am' with real sincerity."

His & Her Fitness has been a family atmosphere since Day One, training individuals at their convenience and making it about them. Training is always progressive and is based on each client's personal lifestyle and nutrition. If you're hydrated and eating clean, we can train you at your personal max. (Check out <http://www.mayoclinic.com/health/fitness/MY00396>.) If you're not hydrated due to traveling or other activities, we will train you at a minimal level to prevent unneeded stress to your body. When it comes to cardio workouts, we want you to just rock the 20 or 30 minutes that have been recommended for you. Your time is important, and we want you to enjoy your life both inside and outside of the gym. (See <http://www.mayoclinic.com/health/interval-training/SM00110>.) A creative cardio workout is both productive and efficient, allowing you to burn more calories in less time. That's just one of the reasons I stress "creative cardio." <http://www.youtube.com/watch?v=I1B1I1Zjd2Y> And your food journal helps keep your nutrition creative and accountable. [www.mayoclinic.com/health/healthy-diet/NU00190](http://www.mayoclinic.com/health/healthy-diet/NU00190).

Exercise, creative cardio and smart nutrition. No excuses. Let's share the gift of health together. Spread the good news about your experience of living a balanced, healthy lifestyle. Thank the people in your circle of work, family and friends that have had a positive influence on your healthy choices. Get fit and happy together.

## Thanksgiving Activities

### Exercise and eating!

#### Sprint Turkey Day 5k



Client Suzanne ran in Sprint's annual Thanksgiving Day 5k along with her husband, father-in-law and son! Kim and Jim, two more His &

Her Fitness clients also participated.



#### Thanksgiving treats at studio

The H&H team gathered for a pre-Thanksgiving dinner.



### Healthy Holiday Salad

#### Even fiber can be festive!

##### Holiday Salad

1 bag of spinach  
15 strawberries - chopped  
10 blueberries  
Mix together in salad bowl

##### Salad dressing

2 tablespoons lemon juice  
1/4 cup oil  
1 tablespoon honey  
1 tablespoon mustard  
1/4 teaspoon thyme  
1 cup red wine vinegar  
Pepper - to taste  
Mix and blend with salad

### Compete with the Elite

#### Fitness and football

##### Fitness fanatics

In November Christina and Seville competed at "Nationals" in Miami, FL -- the largest fitness show of the year.



Congrats on going to the next level! They practice what they preach!

#### Young but mighty!

Kellen Brownlee, His & Her Fitness trainer, is also a coach in the American

Christina Larson

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

## Holiday Party on December 17

### Holiday Fun at His & Her Fitness 6:30pm on Saturday, December 17

Bring friends and family to His & Her Fitness for the annual holiday party.

Dress to impress or come casual, but come and have a good time!



Participate in H&H's traditional charity raffle and buy a chance to win this Weber grill from Smoke 'n' Fire. (Grill is valued at \$900!) Proceeds from the raffle will go to Ozanam children's charity. [www.ozanam.org](http://www.ozanam.org)



Many thanks to Smoke 'n' Fire for donating this beautiful Weber grill for the raffle. It's never too cold to grill!

## Creative Cardio Library

### Burn those Christmas calories!



Beginner Cardio



Moderate Cardio



Advanced Cardio

## Christina's Kitchen

### Sweet treats for a healthy holiday -- approved!



#### Egg Nog Shake

10 oz. Egg Nog  
(Christina recommends Horizon Organic Low Fat Egg Nog)  
2 tsp. vanilla cream Casein protein  
1 tsp. cinnamon  
1 scoop vanilla ice cream protein powder  
4 ice cubes (Use ice to taste)  
Mix in blender or Magic Bullet. Drink up!

#### Frozen Fruit Snack

1 serving Greek yogurt - plain  
5 strawberries - thawed and mashed  
Dash of cinnamon  
1/4 cup oats or granola (Ask your trainer which is best for you.)  
Stir together and enjoy as a snack or an after-dinner treat.

#### Sugar cookies... really!

1 pkg dry sugar cookie mix  
Applesauce  
Eggbeaters

#### Topping to the sugar cookies... Oh my!

1 pkg sugar-free white chocolate pudding mix  
1 container fat-free cool whip  
1/2 cup fat-free cream cheese

Youth Football league. This fall his organization, the Dugout Rams, had two football teams -- the Tiny Mites ages 5-7 and the Mighty Mites ages 7-9. The Tiny Mites won their "Super Bowl" in the MoKan league which earned them a spot in the AYF Nationals held in Orlando, FL. The Tiny Mites were ranked #3 out of 275 AYF football teams in the nation. Thanks to local fundraisers and a special donation by Costantino's Price Chopper, the boys (and Kellen) were able to play in Orlando.

1 cup skim milk

**Directions:**

Bake cookies as directed on package, but omit butter and eggs. Replace butter with applesauce and replace eggs with egg-beaters. In a separate bowl, combine pudding mix with skim milk, fat-free cool whip and fat-free cream cheese (softened). After cookies have baked and cooled, ice them with the cool whip mixture. Enjoy guilt-free!

For more dessert treats, ask your trainer about the delicious **cheesecake** recipes in the *Eating for Life* cookbook. You can buy a copy at His & Her Fitness from your trainer.

## Successful Sexy Singles Charity Auction

A whopping \$52,000! That's the amount raised by the "Sexy Singles" Charity Auction for Big Brothers Big Sisters of Greater Kansas City which was held on December 9. It's the largest amount ever raised by this event, sponsored annually by *KC Magazine*. Thanks to Christina, Justin Robinson and all the His & Her Fitness clients who helped make it happen.



## Client of the Year and Team Member of the Year -- Who Are They?

### 2011 was a great year for these two stars!

How did you spend 2011? Christina will soon be announcing her Client of the Year and Team Member of the Year. Both have positively impacted others throughout the year with their nutrition, cardio and weight routines. They both walk the walk and talk the talk.

The **Team Member of the Year** has been an example of the His & Her Fitness model for an entire year -- weights, creative cardio and nutrition. This commitment is a lifestyle choice, not a job requirement. This person also communicates well with Christina, and has clients that email her with unsolicited, positive feedback. These clients are grateful that they have been matched for the perfect training connection. The winner of this award not only meets, but exceeds, His & Her Fitness standards and expectations.



The **Client of the Year** has also maintained a healthy, balanced lifestyle throughout 2011. He (or she!) has kept a food journal, integrated creative cardio into their routine, and maintained progressive weight training for an entire year. In addition, this individual also positively impacted other people's lives.

Are you a His & Her Fitness star? Announcements are coming soon!

## Team Member of the Month - Salli Johnson, Licensed Massage Therapist and Studio Manager

I first came to His & Her Fitness as a client in 2008 and my goal was to get back in shape after having had my fourth daughter. I needed to lose weight and tone. But I had no idea what a positive affect an overall fitness program would have on all parts of my life. I thought I ate healthy then, but I learned so much more about good eating habits. When I started my exercise and nutrition plan at His & Her Fitness, I lost 20 lbs. and 10% body fat. My trainer kept me accountable and I knew I could call any time I needed help with nutrition. And I also fell in love with the family atmosphere of the small studio as opposed to a large fitness center.

When Christina announced she was expanding, I knew it would be a great place for my massage therapy practice. She agreed and what a great fit! I had already practiced massage therapy for seven years in Overland Park. I opened my own room at His & Her Fitness in June, 2010. And now many of my massage clients have also started training.



It's my belief that everyone needs massage therapy -- and I work on everyone from stressed-out parents, business professionals, medical providers and weekend warriors to professional athletes. My youngest client is an infant and my oldest is 91. I specialize in deep tissue massage, but can adjust the pressure to any individual's needs. You can call me any time at 913-271-6134 to schedule your own customized massage.

## Client of the Month - Perry Siplon



I was really happy to be named His & Her Fitness Client of the Month. I have been active in various martial arts for the past 6 years, and was looking to sharpen my fitness level and strength. And I have also set a goal of completing a triathlon in 2012. My life is typically busy with family and work (including business travel), so my workout sessions have to be highly efficient.

I started working with Seville in October, and could not be more pleased with the progress we've made in my conditioning, strength and energy levels. Seville designed a very specific and very challenging workout program for me with supporting nutritional plans -- all designed individually for my goals. I enjoy how he constantly raises the bar and challenges me, each and every workout. Every set of every workout has a purpose in our plan

I'm achieving results in the gym that were impossible for me just a few months ago. I've dropped 2.5 inches in my waist, 3 inches around my hips, 5% body fat and 10 lbs overall. I didn't know that I had this much to lose in such a short period of time! I've noticed a positive change in my martial arts training, especially in my quickness and cardio endurance during long bouts of sparring with younger opponents (which is basically everybody else in the studio!) I also successfully competed in my first

5K run over the Thanksgiving holiday -- my first road race in over 20 years.

Thanks again, Seville. I'm always looking forward to our next workout -- let's turn up the tunes and hit the weights hard.

**New Clients :**

Purchase any training or massage package at regular price  
and receive a free consult (massage or training)  
valued at \$140.\*

\*This offer does not apply to current clients.

**Current clients:**

Receive bonus dollars plus half on any new client referral.

Check with your trainer for details.

(You can earn approximately \$30-90 plus half, so with a massage and training  
combination you could receive \$45 or \$135 for one client referral.)

Offer expires January 10, 2012

December 13th, 2011

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