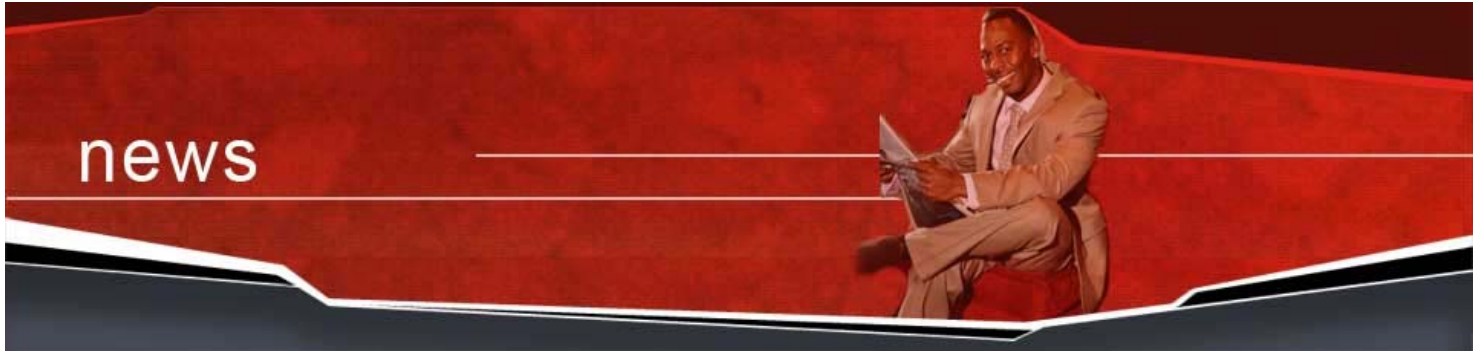


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News From H&H

His & Her Fitness Newsletter

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JOIN OUR LIST

[Join Our Mailing List!](#)

Survey Says....



Help us make your experience at His & Her Fitness better. Please fill out a survey on your trainer or masseuse. Forms and box located on table in front between the chairs! THANKS!

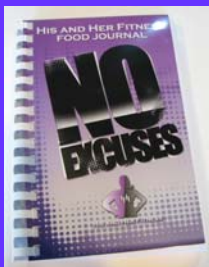
Issue: #	Month/Year
	

Dear H&H Friends and Family,

WOW! We have had a successful year at H&H and all the thanks go to YOU!. The staff of H&H appreciate everything from the great results to the friendships we have made. Here is a short re-cap of 2010:

- Expansion - Now largest private studio in Kansas
- Hollyn and Jonathan married
- Birth of Gabriella Rios
- Developing 37 successful competitors
- Christina signing on with ON/ABB supplement company
- 5k successes among our clients
- Clients fighting cancer and winning
- Working with Air National Guard
- Keynote speaker for DARE
- Massage Therapy with Salli Johnson
- New trainer hires: Briana, Brent, Kellen
- Training with tanning company, Jan Tana
- Speaking to OZANAM
- Hosted our first Kids Fit Camp
- Featured on Channel 9 and our work with the Air National Guard
- Celebrated 5 years in business
- New equipment: Octane Elliptical; Arc Trainer; 3 new benches,

OUR OWN FOOD JOURNAL



His & Her Fitness equips their members with tools for success! Not only do we provide counseling on weights, cardio and nutrition. We offer tools to assist you on your road to success!

Our food journal includes everything you need to track your workouts, your nutrition and includes tasty recipes!

Our Clients in the NEWS!

Hey, did you catch our clients Michael and Sarah Sypher in the Kansas City Star? Check out Local Color, January 2nd and see how they remodeled their mid-century home! Way to go! It is beautiful!

[Link to KC Lifestyle](#)

Thank You to Jim and Kim Gampper

Our Christmas party hosted by the Gampper's was great fun! Thank you Kim and Jim for opening up your beautiful home to our clients. We really appreciate all the hard work you put into making the party successful!

Fitness Camp
January 22, 2011

- new dumbbells; ladder; leg extension/hamstring curl machine
- Averaging 20 new clients a month ready to start their healthy lifestyle!
- Profiled or mentioned in many magazines: 435 South, NPC, United States National Guard, KC Fitness, Optimum Nutrition, local business journal and many more.

Thank you again! Without the success of our clients, we would not still be here! YOU are our ultimate success!

A referral from one of our clients, is the highest complement that we can receive. Thank YOU! Thank YOU! Our clients successes have motivated others to aim for a healthy lifestyle! Most H & H clients are in amazing shape. We take great pride in our clients that have become more active, happier and have a healthy balanced lifestyle. Many of our clients only lift two or three times a week, with nothing but thirty minutes of cardio outside the studio. The healthy eating habits we are helping our clients incorporate into their lifestyles has made their wallet thicker! Yes, that extra latte, doughnut, and eating out can add up. We encourage our clients to get back in the kitchen and the backyard! Spending time with family, cooking healthy and being active outdoors.

We have an exciting new event happening this January! We will be starting the year out with our **first** professional athlete workshop on January 22. We will be hosting a fitness camp for the female athlete that want to take her athleticism to the next level. We have ERIN STERN and ALICIA HARRIS spending the day at His & Her Fitness. To learn more about these talented athletes, please Google their names! Contact His & Her Fitness for more information, if you are interested in participating in this clinic.

Our trainer's schedules are filling up fast. If you have not got on our books for regular training, please call us soon, to set up a time that will work for you.

Much Love and Appreciation,
Christina Larson

CARDIO - WE DON'T DO BORING!



Beginner: Feet together, stepping laterally from one side to another. No jumping! Elevate to 80% of max heart rate; rest to 60% heart rate then repeat
[Beginner Cardio](#)

Intermediate: Using cones, lines, or draw your on with sidewalk chalk - hop over the lines, laterally. Make sure you raise your knees and land soft. Elevate to 80% of max heart rate; rest to 60% heart rate then repeat
[Intermediate Cardio](#)

Advanced: Go up stairs laterally, use hand rail if needed for stability. Return down stairs laterally, using alternate side. Elevate to 80% of max heart rate; rest to 60% heart rate then repeat
[Advanced Cardio](#)

WANT A LITTLE LATIN FUN IN YOUR CARDIO???????
Don't forget, Jonathan hosts a salsa class on Wednesday mornings at 7:30. Ten dollars per session.

Recipe

Delicious Lasagna

1 lb of sweet Italian sausage
3/4 lb of turkey burger (breast meat)
1/2 cup of chopped onion
2 cloves of garlic, minced
1 cup of fresh tomatoes, crushed



Here is your chance! You have seen these ladies in Shape, Oxygen and Muscle and Fitness Hers.

Erin Stern and Alicia Harris will be hosting a fitness camp at our studio! Ladies, if you are ready to take your fitness to the next level, this camp is for you. All day camp covering everything from exercising, posing, nutrition, suits and much, much more! Get a chance to learn from the most successful in the industry. Call Christina at 913.206.7645 or email us at [His & Her Fitnss](mailto:info@hisandherfitness.net)



6 oz of tomato paste
1/2 cup of water
1 1/2 teaspoons of dried basil
1 teaspoon of Italian seasoning
3/4 lb of cottage cheese (low-fat)
2-3 zucchinis, sliced horizontally, less than 1/4 inch (like a lasagna noodle)
1/2 cup of fat free mozzarella



Pre-heat oven to 350 degrees. Lightly spray a 9 x 13 pan with cooking spray. Take sliced zucchini "noodles" and place in a microwave safe dish and cook until just fork tender, 2-3 minutes. Set aside and let cool. Cook sausage, turkey, onion and garlic until no pink shows. Add crushed tomatoes, paste and water. Add basil and Italian seasoning. Heat through. Spoon a thin layer of the tomato/meat mixture in the bottom of your 9 x 13 pan. Then place a layer of zucchini, layer of cottage cheese and repeat until ingredients are used up. Top with fat-free mozzarella. Bake in oven until cheese melts and is warm and bubbly!

Client of the Month

Michelle Richardson

I just completed my 14th week at H & H! At week 9, I had lost 20 pounds and felt fantastic! I started at 148 lbs and about 23% body fat. The nutrition has been easy and I am never hungry! I did have a hard time getting my head around the 2 times a week weights. However, when I saw the impact good nutrition was making on my physical appearance, I realized I probably did not have to live at the gym! I do not even mind cardio any more! I used to hate doing cardio. I would just worry about all the things I needed to get done. Now, I can get my cardio in 30 minutes a day. I love it because I am not trapped on a treadmill. I run the stairs in my house until my heart rate monitor tells me my heart has "peaked." I sit down and answer emails or unload the dishwasher, change or fold the laundry-whatever I need to do and then as soon as my monitor beeps to tell me my heart is "resting," I do it all over again. Prior to working with His & Her Fitness, I was working out way too long and not being efficient with my time. I was not successful.



Now, I am the fittest I have ever been! I never really minded "weigh-in" day as I always left the room with a smile on my face. I think my last weigh in, I was 128 pounds and 9.5% body fat! My friends are shocked at the changes I have made. Nine of my friends have signed on at His & Her Fitness to get a "piece" of what I have! All the friend referrals have awarded me free training sessions at the studio. Another added bonus, I now get to see my friends more! Many thanks to His & Her Fitness and my trainer Brent! I feel GREAT and have never looked better!

Trainer of the Month

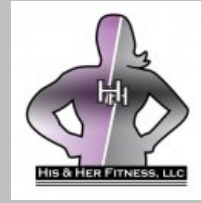
Kellen Brownlee

Kellen is a graduate of Pinnacle Career Institute for personal training. He has a great heart for encouraging people and helping others reach their goals. Mr. Brownlee has had no turn-over in clients and is always helpful around the studio. Kellen also believes in giving back to the community. He regularly volunteers to coach kids in his community, specifically with the Dugout Rams. Kellen is a proud father of one! Please take time to meet Kellen when you are at the studio or schedule a training appointment with this enthusiastic individual.



Welcome and Welcome BACK!!!!

We have one new trainer coming on board in January, **Thomas Finholm**. Please give him a warm His & Her welcome when you see this new face.
A big welcome back to **Lilli Bartalos**, who is back with us better than ever! Both of these trainers will be taking on new clients right away. We are thrilled to have them on board!



January 12th, 2011

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