



news



His & Her Fitness News

News From H&H

Issue #23 February 2011

His & Her Fitness Newsletter

IN THIS ISSUE

Spring Break is Coming

Cardio for your Heart

Recipes for LOVE

Alicia Harris

Client of the Month

Trainer of the Month

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AHA
CPR Certification



On February 25, at 12:00, we will be hosting a CPR class. If you would like to participate and be certified, please send us an email. Space is limited and cost will be 20 dollars.

[Register](#)

Survey Says...



Help us make your experience at

Issue: #24

February 2011



Spring Break is Coming!!!

Tips to Stay on Track on Vacation

"Oh, to just get away. A little rest and relaxation. Some quality family time." Sounds good to me! The last thing you want is to blow how good you have been! You are eating clean, exercising and your fitness goals are in sight. Keep these tips in mind and have a guilt free time!

- Protein, fiber and starch at every meal.
- Portion control - small frequent meals
- Drink water - up to a gallon and a half a day
- Do a little extra cardio and try to hit first thing in the morning
- Make sure you are getting enough fiber - eat your veggies
- Pack protein bars and powders for back up - so you do not make a bad choice because you are starving
- Talk to your trainer about what the ideal cheat is for YOU
- Avoid the booze! Alcohol lowers your will power and is empty calories. Bad news all the way a round.
- Split your deserts
- Remember, we will measure you when you get back



Hey, a good bit of news is that your cortisol levels will be lower on vacation because your stress is lowered. Cortisol is a hormone that makes you want to store fat around your waist. Stay on track and eat clean, exercise and have a wonderful time!

CARDIO FOR YOUR HEART

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!

Thank You to our Sponsors for our Fitness Camp!

We want to recognize our friends that helped make our fitness camp successful! Their partnership is so important to us!

[The Tan Company](#)
[Bella Vita Skin Care](#)
[GNC - Town Center](#)
[Standard Style](#)
[Integrite Salon](#)
Naudia Whitlow - Hair stylist
[Optimum Nutrition](#)

Everyone - Cross-overs for IT Band

- Start in standing position
- Cross right leg over left and bend knees
- Step out with left and repeat
- Start with left leg crossing over on way back
- Stretches out IT band, good for lower abdominal if pelvic tilt is in line
- Good for runners

[Video Demonstration](#)

Moderate - Towel Slide

- Start in push up position with feet on towels
- Mimic a mountain climber by alternating feet in towards chest
- Good for abdominals, quads, and hamstrings
- Good if your pregnant because you can't lay on your back!

[Video Demonstration](#)

Moderate - Towel Slide version II

- Start in push up position with towels on each foot
- Breathe in and tuck knees in
- Breathe out and slide legs back out to push up position
- Keep your head up
- Good for shoulders, balance, stability, and abdominals

[Video Demonstration](#)

Looking for a little extra group cardio?
Join Christina and Jonathan at 7 am on Saturdays.
Cost is only \$10 per session.

Recipes for LOVE

Valentine's Day can provide a some pretty sweet obstacles to staying on track with your healthy eating lifestyle. Here are some indulgences that won't break the scale.

- **Strawberries dipped in dark chocolate**
- **Midnight Brownies** - on our website. Cut with a heart shaped cookie cutter and put strawberries or raspberries on top and a sprinkle of powder sugar.
[RECIPE](#)



If a slice of cake is what you want, try this:

Low Fat Cake

1 box of conventional cake mix - your favorite
unsweetened applesauce
egg whites
1 tablespoon of all-purpose flour

1. Pre-heat oven to 350 degrees, spray your pan with baking spray.
2. In large bowl, add flour to mix and stir well.
3. Substitute the applesauce for the oil in the recipe
4. Substitute equal amounts of egg whites for whole eggs
5. Mix and bake according to package directions

Consider baking in a heart pan. Once cake is cooled, top with a dollop of fat-free non-dairy topping and some red berries.

Although these recipes are lower in fat and calories, portion control is still important.

Alicia Harris Posts about our Fitness Camp in [Muscle and Fitness Her](#)

Here is a snip-it from Alicia's blog. We loved having her at the camp and she was a joy to work with!

"This past weekend I had the opportunity to fly out to Kansas City to work a clinic/camp with a fellow Team Optimum Athlete. Christina Larson owns



His and Her Fitness in the KC area and invited me out for her camp. What an inspiration it is to know that people are actually paying attention. Even though I feel just regular and I know I can do more, these girls would just see a contest picture in the magazine and get motivated to change their lifestyle.

Most of us have so much positive power that we don't even realize! I know I overlook it. Hopefully I can continue to spread positive vibes and encouragement through the fitness world! Furthermore, I hope and I WILL keep sending positive vibes to myself to keep this train moving to the stage in Columbus!

Until next week,
Alicia"

[Alicia's Blog](#)

CLIENT OF THE MONTH

Marshall Bigelow

Dear Christina and H&H Fitness Family:

It is humbling to think that with Christina's expertise, she would think I was worthy of being awarded the H&H Client of the month! My primary reason for coming to H&H in the first place was that my doctor told me that I had a BMI ranking of "Obese." He said that if I didn't get the belly fat off of me, my Type 2 diabetes would morph into something more dangerous. I would then be at risk for Type 1 diabetes and a heart attack, so when the doctor asked me if I wanted to die like my father at age 42, I said "No!" (Since I was 55 at the time, I figured I was probably running on borrowed time.), The doctor instructed me to get busy on a diet and start exercising - or more radical treatment would be necessary! (meaning insulin)

A few weeks later, I noticed the little exercise studio on the corner of Nall and 151st and started asking around about it. Shortly after Christmas 2008, I found out that Bob Hite exercised at H&H. He was getting really buff, and that did it for me! Bob is so young looking and virile, I wanted to be just like him! I joined H&H in April 2009 and have gone from a body fat index of 36 % to < 24% and now weigh less than 220 lbs (30 lbs more to go!). Thanks to Christina's food knowledge and Kellen's exercise routines, my doctor is happy and my wife, Jackie is happy. I figure that if I work hard, eat right, be truthful in my food journal and stay away from Dr. Oz's mojitos - I will have a "six-pack" or better yet an "eight-pack" by March/April. Thanks again, Christina!

Cheers!

Marshall Bigelow



Jenny, Bob, Marshall and Christina at Sacred Steps 5K

Staff Member of the Month

Salli Johnson

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](http://MuscleTherapyKC.com), to read some of my testimonials. It is time to feel good...you just might smile more.

Find us on Facebook 

Check out our Facebook page for specials and deals only found there!

Healthy Regards,

Christina Larson
 Owner/Trainer/ON/ABB Sponsored Athlete
www.christinalarsonfitness.com
www.hisandherfitness.net
www.optimumnutrition.com
 His & Her Fitness
 5328 W 151st
 Leawood, KS 66224
 913.206.7645



February Specials:

- Train with your significant other for free one day!
- Buy one massage and get the massage for your significant other for half off!
- Buy one male or female multivitamin and get another 1/2 off
- Buy one "blinged" woman's glove and get a man's glove for FREE!

Offer Expires: March 1, 2011

February 10th, 2011

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