



news



His & Her Fitness News

News From H&H

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His & Her Fitness Newsletter

March 2011



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Client's Featured Business

→ Do You Like Heavy Metal?

Consumer Reports tested about 15 different types of protein drinks in their labs. They looked for four different heavy metals: lead, arsenic, cadmium and mercury. Their test results found heavy metals present in all 15 drinks. However, some brands had more than others.



The three products below were of particular concern. Consumer Reports states that if you consume more than 3 servings of these protein drinks a day you would exceed proposed limits of exposure to the four heavy metals they tested.

- Eas Myoplex (Arsenic, Cadmium)
- Muscle Milk-Chocolate (Cadmium, Lead)
- Muscle Milk-Vanilla Crème (Lead)

"Good grief, I don't drink 3 a day!" I can hear some folks saying that. Well, good! But here is the catch, some of the foods you consume may also have heavy metals in them. Shellfish and some plant foods such as potatoes, rice, sunflower seeds, spinach, and other leafy greens can also take in significant amounts of the metal from the environment, due in large part to the use of cadmium-containing phosphate fertilizers. Heavy metals are very hard for the body to eliminate and very harder on our organs.

Kind of irritating if you ask me. You bust your butt in the gym, and when it is time to relax and enjoy your post work-out shake, it has heavy metals in it! NICE!

The lesson here is not all supplements are created equal. If you get it at a health food store, that does not mean it is good for you. If it says it is all natural, that does not mean safe!

Eating a clean diet, washing your produce and educating yourself about the supplements you use is your best defense in staying healthy.

For more information on the CR report:

[Protein Drinks](#)



We love our clients and want to support them in their healthy endeavors and their business. Please read below about our client

Carl Thorne--Thomsen.

Story, a contemporary American restaurant will open this Spring in The Village Shopping Center in Prairie Village. Story will feature local, seasonal creative American cuisine from chef/proprietor Carl Thorne-Thomsen. Carl is the former chef de cuisine of Michael Smith and Extra Virgin restaurants. Story will serve lunch and dinner Monday thru Friday; brunch and dinner Saturday and Sunday. An afternoon menu will be offered daily. Story will feature a comfortable dining room, bar, and patio seating. "Like" Story's facebook page at www.facebook.com/storykc and sign up for email updates at www.storykc.com

Congratulations!

Shea Walsworth finished first in her women's division for the Jewish Community Center Triathlon!

She had a great time of 44.5!

WAY TO GO SHEA!
Keep up the good work!

→ Cocktail Consumption Tips

We generally do not advise consuming alcohol. It is empty calories and more often than not, has absolutely no nutritional value. However, we do recognize that sometimes you want to enjoy a cocktail. Here are our tips to help you make good choices:



- The average cocktail is about 100 -150 calories per 8 oz serving. That is about 20 minutes extra cardio per drink!
- Cocktails can inhibit your will power. Drink a full 8 oz glass of water after each cocktail, to get a full feeling and avoid munching on unnecessary snacks.
- Remember to limit your consumption to one or two drinks.
- Vodka with lemon and water
- Red wine is better than white
- Skinny margarita

Mojito - Serves 1

1 oz Captain Morgan® Original spiced rum
12 mint leaves
0.5 oz lime juice
2 oz diet Sprite

Place mint leaves in bottom of glass. Add crushed ice, Captain Morgan Original Spiced Rum, Sprite and lime juice, and muddle. Garnish with mint leaves.

→ Straight from Christina's Kitchen

Chicken Kabobs

This recipe volumes can be adjusted to meet your family size. The ingredients can be prepped ahead, so putting together dinner is a snap!



chicken breasts
red and green peppers
zucchini
onion
Ms. Dash Chipotle Seasoning
skewers

Cut all ingredients in large chunks for skewering

Soak skewers in water to prevent burning

In a zip lock bag, soak chicken overnight in a 2 to 1 ratio of water to cider vinegar and add a generous helping of Ms. Dash Chipotle Seasoning.

In a separate zip lock bag, soak vegetables in the mixture of water/vinegar and seasoning above. Soak overnight.

Skewer chicken and vegetables when ready and enjoy!

For a quick side, peel and slice sweet potatoes, microwave until done and sprinkle with cinnamon.

→ Cardio In CABO!

Over The Tops

- use bench that is best for your height
- drive through heel and step to side over bench
- pull up straight do not bend at back
- keep chin up



This exercise works lower abdominal muscles, quads, glutes, and hamstrings.

[Demo - Over the Tops](#)

Side Shuffle

- use lines in a parking lot or just cones
- stay low in a Pilates squat
- drive through heels
- right to left

This exercise works low abs, quads, glutes, calves, and hamstrings.

[Demo - Side Shuffles](#)

Heel Touch

- touch heel and heel anterior(front)
- touch heel and heel posterior(back)

- breath out when knee is coming up
- great for limited space

This exercise works the inner thigh, calves, glutes, lower abs, quads, and hamstrings.

A great core exercise!

[Demo - Heel Touch](#)

→ Client of the Month Tim Nay

My name is Tim Nay. I have always had a very active life and good health. I was aware of His & Her Fitness as it was very close to my home. I had been having some problems with my balance and I needed to establish a program of more healthy eating and exercise. I did not need to lose weight but needed to add strength, muscle and 5-7 more pounds. My trainer, Kellen Brownlee, has created a program for me to achieve my goals. Our next step will be working to maintain these goals.



The encouragement from Kellen and Christina is a big plus! A personal trainer's job is to help you succeed. I am 65 years old and plan to remain fit. It is never too late to work towards better fitness and health. An added plus, is that it is in a good and friendly environment (and yes, my balance is improving).

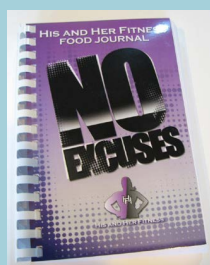
→ Staff of the Month

Jamie Hofmann

I have been working with Christina since 2008. I have competed in 8 shows and have been judging shows for the last two years. Ever since I have known Christina, she has had me do odd jobs for her. Last year in March she asked me formally to work for her. Obviously, I accepted. Not sure what I was thinking. I am the mother of two wonderful girls. I am a room mom, Girl Scout Leader, volleyball coach and I do a little cake decorating on the side. Needless to say, I keep very busy. So here I am a year later and she says I am staff member of the month. Took her long enough! If you read my bio on our website, I am not a trainer. I basically do paperwork. Exciting, no? I have enjoyed being part of His & Her Fitness and have appreciated the knowledge and friendships I have gained.



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or

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