


  
news

## His & Her Fitness News

News From H&H

### Issue #26 April 2011

#### His & Her Fitness Newsletter

April 2011

##### In This Issue

- Protein: Anti-Aging
- Nick Scott
- Creative Cardio
- Recipe
- Client of the Month
- Trainer of the Month

##### Quick Links

- [Visit our Web Page](#)
- [Nutrition](#)
- [Our Massage Therapist](#)



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Featured Business of One of our Clients:  
Heather Hanson



Store owners, Heather Hanson and Wynne Foster were inspired by the love they both share for fashion and accessories. They felt there was a craving for a friendly, fashionable, and convenient place to shop. What better than to own their own business doing what they love! This dream inspired opening a boutique called "In Clover" which means the feeling of luxury and comfort. Location was extremely important when keeping their customer in mind. They thought Corinth Square was perfect, given it is conveniently located in their neighborhood, along

#### → Protein: Anti-Aging?

As we age, there is muscle loss. Starting around 40 muscle mass begins to decline and then picks up speed around 50. Sad but true. How do we combat that loss?

Weight training, cardio training and good nutrition. OK, most of us get the first two, but as usual the nutrition part gets fuzzy with too much information thrown at us.



Protein is the bodies primary source of amino acids. **Amino acids act as the building blocks of life itself.** You cannot maintain or make more muscle if you have no source of amino acids. If you do not get enough amino acids in your diet, guess what your body does? It grabs the amino acids from your muscles and send them to the areas that need them. Here is a good example, you are sick and your immune system needs boosting up with more amino acids. The body takes it from the muscles to help the bolster the immune system. The muscles are drained of essential amino acids. This in turn creates serious imbalances and there is loss of muscle. That is why going for that easy to grab high carb food to satisfy your hunger has a "bigger" effect when you age. Your body needs adequate amounts of protein.

*Exercise is only part of the equation, however providing the correct fuel will really get you to the end result you want!* You need to eat 5-6 protein centered meals a day. Always aim for your highest protein intake within one hour of your workout. Add a complex starch and a fiber rich food and you are fueling your body with the best nutrition to maintain your muscles and help them grow.

[Read More - USDA](#)

#### → The Ultimate No Excuses Nick Scott

Nick Scott has been a friend of His & Her Fitness for many years. He is a wheelchair body builder and ballroom dancer! He is motivation and inspiration to many people. Nick recently



with all of the new "buzz" going on in the center. After many months of hard work, Heather and Wynne have created an environment that is fresh and unique with a neighborhood feel. The goal is to create outfits for their clients by providing the highest quality customer service and the best selection of clothing in Kansas City. It will be hard to leave the store empty handed, because of the stylish clothing, great gifts, and friendly sales staff! Welcome to your new closet, In Clover!!

[Their Website](#)

Ozanam Guild  
Martini Mile  
Saturday  
April 30  
3:00



The Martini Mile course is a 1-mile loop around beautiful, historic Union Hill & Martini Corner Entertainment District. Teams of 4 will have one runner at a time, run the entire 1-mile course. With the use of a "baton" (provided by your team), runners will make their relay-style exchanges at the start/finish transition area on 31st Street in front of the Velvet Dog. Once the 4th and final runner crosses the finish line (on the North side of 31st Street) the team's official time will be recorded. Competitive and recreational heats with divisions consisting of Male, Female, Co-Ed and Corporate are available. Chip timing will be used for accurate race results.

[Register Here](#)

won an award at the 2011 Arnold Film Sports Film Festival. He won Overall Winner, for his film "Perspective." He received his award from none other than the great Arnold Schwarzenegger! We want to take this opportunity to congratulate our friend and recognize him as the true winner he is! For more information on Nick:

[Nick at the Arnold Sports Film Festival](#)

[Nick's Story and More!](#)

## → Creative Cardio The weather is fine. Let's go outside and run!

### Beginner

Power Walking

Pump your arms and drive heel toe, do not carry weights



### Moderate

Lightly run a portion of your trail and match the same distance with a light walk or jog.

Running heel toe

Interval training

### Advanced - Sprints

Running on toes, chin up, shoulders back. Important to really stride out.

Use as interval training.

**Make sure you ask your trainer about pre- and post stretching for running. Good warm ups and cool downs can prevent knee, hip, hamstring and calf injuries**

## → Recipe Cottage Cheese Fruit Salad

1 cup of fat free cottage cheese  
1 small apple chopped  
1/2 cup of pineapple in its own juice  
1 tsp of raisins  
4 tsp of sliced almonds  
1/8 tsp of nutmeg  
1/8 tsp of cinnamon

Mix together, chill thoroughly. 1 serving 1/2 cup.



## Client of the Month Michelle Matteuzzi

I have always enjoyed fitness and staying in shape but like many others, I got stuck in the same old routine and needed to break out of it. I had been searching for a precise environment and stumbled upon His & Her Fitness. I was impressed by my first phone call and evaluation with Christina. My training has been incredible! I have worked with both Tom and Brent. I have never been stronger or healthier. My deficits are improving and my nutrition is so much better.



I've incorporated the Milk Chocolate Oats and Whey and the Platinum Hydro Whey Turbo Chocolate protein drinks into my life daily - especially for post work out and simply better nutrition. Making better choices is always a plus but the knowledge and understanding behind them has been priceless. I am cooking healthier meals and making better choices for myself and my family.

My husband Michael is training at H&H with Tom and that is real progress too!! I look forward to my workouts and actually plan my life around them. Thank you Tom and His & Her Fitness for making me a better me!!

## → Trainer of the Month Tom Finholm

Tom Finholm III is a certified trainer from The National Academy of Sports Medicine (NASM). He joined our staff in January 2011. He attended KU and also graduated from the Blue River Metropolitan Community College Fire Academy. He has won several



Raw/Natural powerlifting competitions and bench competitions throughout the Kansas City area. Tom enjoys working with clients from all walks of life. He particularly enjoys helping clients strive for success in specific area. "I enjoy seeing my clients set a goal, work hard toward the goal, and ultimately achieve their goal. The added bonus is when the client subsequently challenges themselves to a whole new set of goals and our training program changes; it's this effort that inspires me."

## Save \$5 or \$13 on Protein

Buy a 5 lb jug of ON 100% Gold Standard Whey Protein in Rocky Road or Carmel Toffee Fudge flavors and save \$13 off the retail price

Save \$5 off of ON Natural Oats and Whey Protein 3 lb jug

Offer Expires: May 12, 2011

April 13th, 2011

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