



news

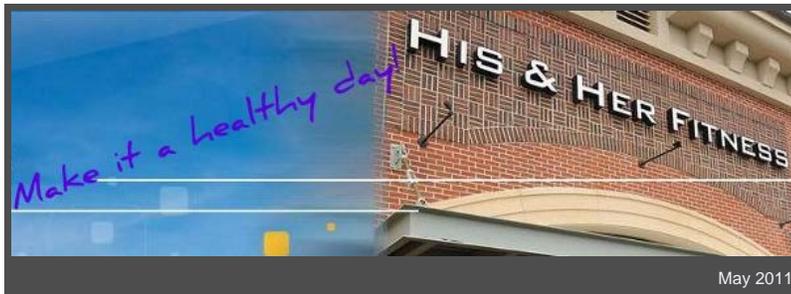


His & Her Fitness News

News From H&H

Issue #27 May 2011

HIS & HER FITNESS



May 2011

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Balance Your Life

The key to living a healthy lifestyle is of course balance. It is also about honesty in what you want for yourself. Talk to your trainer about your struggles and your goals! Work on figuring out what is right for you.

We have listed below tips for success for various lifestyle types. However, many of these tips crossover the groups. Read them all and try to incorporate a few new tips into your lifestyle.

Parents

1. Scooting kids from here to there makes it hard to have a nutritious meal every night. Schedule home cooked healthy meals when everyone is home. Shoot for healthy options when eating out.
2. Schedule your cardio. Do you enjoy doing it solo or can you make it a family event?
3. Make a new "healthy habit." Stick with it for a month and see how you feel. It could be as simple as reducing soda/alcohol or eliminating it all together, parking farther away at the store for some extra walking time,
4. Be honest with your trainer. Nobody's perfect. If you are having a bad week, not doing well on your diet, ask for some encouragement. *Their job is for you to succeed.*
5. Be positive and utilize the tools we give you. Photos and measurements only help you track your success. It is a great way to remember how far you have come. Do your food journal. It is a very helpful tool to learn

- how you react to certain nutrition.
6. Eat and cook with color. The brighter your plate, the higher the nutrition content. Stumped for ideas, try the Eating For Life Cookbook, sold at His & Her Fitness.
7. Cravings are sometimes related to over training or missing something in your nutrition. Talk to your trainer.
8. Remember it is good nutrition and wellness you are working toward, not some short term weight loss.

Business Person

1. Travel with a cooler.
2. Know your restaurants, find the healthiest ones in each city.
3. Always carry a protein bar for emergencies. Pass on the donuts at staff meetings.
4. Keep up with your hydration. Take a water bottle with you everywhere.
5. Set an alarm for your next meal, so you do not get too busy and skip meals.
6. You are more productive when you are healthy, so do not skip the workout because you are busy.
7. Ask your trainer for easy snacks during the day.
8. Remember there is never enough time, do it right today for a better tomorrow.

Single

1. Your it! You are cooking, cleaning and working. It will take some organization on your part but it can be done.
2. Have a meal prep day. Prep and freeze as much as you can.
3. Make cardio social, do it with your friends.
4. Train early in the morning and you will want healthy sleep over staying out late.
5. Eat before you socialize.
6. Make a list of goals and post them where you can see them daily
7. Buy frozen veggies or put vinegar on them so they last longer.
8. Eating out is hard to avoid. Ask the trainers and staff where they go for healthy food out.

**Please ask for advice from our professionals.
Ask them how they make it happen for themselves..**



Thank You



I want to send out my heart felt thanks to all the people that have bid on our gift certificates we donate to local charities. I am a firm believer in supporting local causes and we have been overwhelmed with the responses to our charitable donations.

Thank You,
Christina Larson and the His & Her Team

Martini Mile Supporting the Ozanam Guild



Congratulations to our H & H Team,
Brent, Tom, Kellen and Jonathan!
This race supported The Ozanam Guild.
An organization that helps children in need.
The men completed the 4 mile relay race in 34 minutes.

Way to go!

[Learn more about Ozanam](#)



Competition Results:

The Kansas City Championships were held April 30. Of course, His & Her Fitness had athletes competing.

Here are the results:

Cayla Thompson - first place Medium Open Figure, first place Masters Figure and Overall Winner Figure

Shelly Lambie - second place Figure Novice

Nikki Wilson - third place Open Figure and fourth place short Open Bikini

Caitlin Wagner - second place Bikini

Tyler Dubay - first place Men's Physique

*Congratulations to all our competitors!
Job well done!*

Our next show is the 2011 NPC Muscle Mayhem Body Building, Fitness, Figure & Bikini Championships. His & Her Fitness will have over twenty competitors in this show.

We even have folks coming from out of town to compete with our team. We have Antonio from Chicago, Patty from California and Kimberly from Arkansas. Come cheer on your friends and the His and Her Team.

Saturday, May 14, 2011

The Folly Theater - Kansas City, Missouri

Pre-Judging: 11:00AM Finals: 7:00PM

[Order Tickets Here](#)

Creative Cardio

Squat variations that will work your lower abdominal muscles and glutes while you do your cardio.



Talk about a 2 for 1!

[Beginner](#)

[Moderate](#)

[Advanced](#)

Recipe

Five Minute Banana Pancake

- 4 egg whites
- 1 teaspoon of banana Standard Whey Powder
- 1 tsp of cinnamon
- 1/4 cup of rolled oats
- 1/3 cup of crushed walnuts

Blend ingredients together and cook on a pan sprayed lightly with Pam.
Use larger pan for crepe style or a smaller pan for a more traditional pancake!



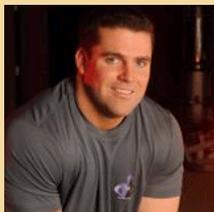
Go really light on syrup, if you have ANY. They are good plain.

Enjoy!

Client of the Month:

Brian Courtney

In the short time I have been working out at His & Her Fitness, I have seen near instant results! I feel better and have a better outlook on staying fit. I have really enjoyed the relationship and the knowledge I have gained from working out with trainer Brent Pitts. I have had several trainers in the past but nothing like this...instead of dreading my sessions it actually has become what I look *most forward* to at the end of my day! I am in residential real estate business. I understand what it means to have a positive attitude, take care of the customer and get results. I feel confident when I say that about Brent Pitts and His & Her Fitness. They get it and they get it done right!



Trainer of the Month:

Tom Finholm

Tom Finholm III is a certified trainer from The National Academy of Sports Medicine (NASM) and 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 and bench competitions throughout the Kansas City area. "The best part of each training session is sensing the passion of my clients as they pursue their individual goals and aspirations... and when a client comments on how he/she has noticed improvements in how they look and feel, this is the ultimate compliment for a trainer."



Partnership Deal
Great to do before summer pool time!

Advanced Laser Clinics is offering six underarm hair removal treatments for only \$250.00 for clients of His & Her Fitness.

Advanced Laser Clinics
6407 W 119th St
Overland Park, KS 66209
913-851-1455
[Learn More](#)

Medical Directors:
Richard A. Ruiz, MD
Herbert M. McCowen, MD

Offer Expires: 6/10/11

DEAL OF THE MONTH!

BOGO 1/2 off
Buy one His & Her Fitness pack of gum
and get the second 1/2 off!



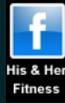
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May 11th, 2011

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