



 news

His & Her Fitness News

News From H&H

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HIS & HER FITNESS
 NO EXCUSES

Newsletter

June 2011

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Competition Corner



We had success at Jr. Nationals and are headed to Nationals in Chicago, June 17. Joining Christina, will be Derek and Tommy. Good luck! We know you will do well!

Doing What We Can To Make His & Her Fitness A Better Place

Dear Valued Clients,

Many of you have received a phone survey call from Salli. We like to do this to make sure we are meeting your needs. We have not reached out to everyone yet, but we are working on it. If you have not been contacted and would like to provide input, please do not hesitate to contact Christina 913-206-7645, Salli 913-271-6134 or Seville 816-699-3932

The results so far are good! Most everyone is pleased with their trainer. That is great news, as we pride ourselves in fitting the right trainer with the right person.

We heard from a few of you that you would like a TV. There is a reason we do not put a TV in the studio. We want cardio to not be so boring you have to watch TV or read a book while you do it. We call it "Creative Cardio." Our interval training is designed to not be mundane and to keep you moving in different planes. To do this in the most effective and safe manner, you need to be focused on the exercise.

Finally, we have had a few issues with cleanliness. Be assured we heard you and have re-vamped our cleaning schedules. We have also invested in some organizational supplies to help with this situation.

If there are other concerns, ideas or compliments, please feel free to call. We value your input and ideas! This is your studio!

Healthy Regards,

 Christina Larson
 His & Her Fitness

➔ Heart Disease

Event Benefiting the American Heart Association

Cardiovascular disease and stroke are the no. 1 and no. 3 killers of Americans. The mission of the AHA is to build healthier



lives free of cardiovascular disease. At His & Her Fitness we support their mission. The American Heart Association will be benefiting from the **16th Annual Wine and Food** event. The Overland Park events begin in July and goes through August.

[Wine Stroll](#) - July 14 6-9 pm, \$35 per ticket, only 300 tickets available, downtown Overland Park

[Wine Maker Dinner](#) - August 18 6 pm, \$150 per ticket, seating is limited, J. Gilberts Wood-Fired Steaks and Seafood

[Grand Tasting and Auctions](#) - August 20 6-9 pm, \$75 per ticket, Overland Park Convention Center

[Ticket Information and Event Specifics](#)

➔ Creative Cardio Lunge for it!

Here are three great versions of the lunge to add to your cardio exercise regime.



[Beginner](#)

Lunge- one minute each side or 15 on each side

[Intermediate](#)

Lunge Hop - one minute each side or 15 on each side

[Advanced](#) Jump Lunge - One minute each side or 15 on each side

Need a refresher on some other creative cardio ideas?
Check out our video collection on YouTube
[Creative Cardio Library](#)

➔ Christina's Kitchen

An alternative to quiche: Good for brunch or a quick breakfast. Serves 2.5 on a 20 gram protein nutrition diet

- 16 oz container of egg whites
- 1/2 cup of chopped broccoli
- 1/2 cup of rolled oatmeal
- Mrs. Dash Southwest Chipotle seasoning to taste or use your favorite hot sauce
- Pam
- pie pan



Preheat oven to 350 degrees. Spray pan, combine all ingredients and pour into prepared pan. Bake for approximately 25-30 minutes.

➔ Client of the Month Debbie Hardy

I am a massage therapist and own "A Servant's Hands" in Olathe. I am fifty one years old, married to a recently retired Army Colonel, mother of five boys and one girl, and grandmother to four. I am also very active in church and currently heading up the decorating team for our building expansion.



I appreciate all the fitness and nutrition expertise from "Trainer Extraordinaire" Christina, who personalizes all my workouts, so it is not the same old thing each week. I have gotten off my "meat and potatoes" and now eating clean and healthy. Increasing my water in-take has made a big difference too. I have lost a total of 27 pounds and I am down from 33% body fat to 19%. It has become a lifestyle to better myself and one I share that with my family. Obviously it's catching. My six year old grand-daughter even asks for caramel rice cakes with peanut butter as a snack!

Many thanks to Christina for creating the new "Sports Model" competition. Due to my bone spurs, five inch stilettos were out of the question! I still wanted to set a goal for myself and compete. This category was a perfect fit for me. I placed fourth last September in my first competition and first in my second competition. Yippee!!

➔ Employee of the Month Salli Johnson

Like most of you, I wear lots of hats. I am the mother of four beautiful girls ages four to twenty and the wife of an amazing husband. I am also the manager and massage therapist for His & Her Fitness.

I really enjoy being a massage therapist. I have been a licensed massage therapist for six



years. I had worked in a chiropractic clinic and in a medical spa before I chose to open this location. My specialty is deep tissue massage but I can adjust the pressure to meet your needs. Massage therapy, if received on a regular schedule, can relieve stress, rejuvenate over-used muscles, relieve discomfort of sciatica and can even benefit your golf game!

The fitness studio is a perfect fit. I was a client of His & Her Fitness before I opened my massage room here. As a client I lost 20 pounds, and 10% body fat and have even got my kids thinking more about what they eat. I loved the family atmosphere and the fact that each trainer truly cares about all of the clients here, not just their own. I enjoy getting to know all of the clients at His & Her Fitness. If you haven't received a massage yet, please call me to get scheduled! I can give 30 minute, 60 minute or 90 minute sessions.



**Save \$5 dollars off of
ON Gold Standard Whey or Casein Banana Cream**
This is one of Christina's favorites!

Offer Expires: Enter Expiration JULY 10, 2011

June 11th, 2011

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