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news



## His & Her Fitness News

News From H&H

### Issue #30 July 2011



**HIS & HER FITNESS**  
NO EXCUSES

### Newsletter

July 2011

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Help Wanted



His & Her Fitness is looking for a highly motivated personal trainer to add to their staff. If you are interested, please call: 913-206-7645

#### → Seize The Healthy Life

Bring back the good old days! I have been traveling so much and I miss being at the studio! I have decided to refocus my efforts on making the Kansas City area fit. It starts with us! Living by example! Our staff will reveal their food journals, creative cardio, and training! We all have a weakness! I like to say, "We are only as strong as our weakest link!" The purpose of food journals, creative cardio, and weight training log is to hold us accountable, track our successes and setbacks. We have to show that we are just as strong as our amazing clients!



So for those that are weight loss, think if I carried a 20 pound dumbbell in a bag all day how would that feel? Those that are here to gain weight, think about your ligaments and joints, do I have enough muscle to support them? For those that are here for variety, think if I did the same thing everyday of my life would it be effective mentally, physically?

I want to help Kansas City be healthy. Living by example and helping our clients be the best they can be. See the below listing for fun active things to do in Kansas City.

**Seize the healthy life!**

Healthy Regards,  
Christina Larson

#### → Fun Fit Activities in Kansas City

1. **Thomas S. Stoll Memorial Park** is 79-acre park located in Overland Park. The park consists of seven athletic playing fields (reservation required), a small fishing lake, a seven acre dog



- off-leash area, picnic shelter, playground and a picturesque walking trail. [Stoll Park](#)
2. **Ironwood Park** is located at 14701 Mission Road in Leawood. Included in the 70-acre park are the Prairie Oak Nature Center, The Lodge at Ironwoods, a Challenge Course, the Oxford School House, four Cabins, amphitheater, a shelter and playground, and a beautiful walking trail. [Ironwoods Park](#)
  3. **The Arboretum** is a 300-acre park. About 85 percent of the property in southern Overland Park is dedicated to the preservation and restoration of eight natural ecosystems. The remaining portion includes traditional botanical gardens, trails, the Visitors Center and maintenance facilities. [Arboretum](#)
  4. **Loose Park** contains the Loose Park Garden Center, Japanese Tea Room, Loose Lake, reservable shelter house, four tennis courts and practice boards, sprayground, playground, 1.48-mile and 1.04-mile walking trails, picnic areas, rain garden, Stanley R. McLane Arboretum and the Laura Conyers Smith Rose Garden. [Loose Park](#)
  5. **I Lan Park** is located at 126th Street and Nall Avenue and is dedicated to our sister City of I-Lan, Taiwan. This 10-acre park includes two shelters and a restroom facility, along with a Taiwanese garden, designed with the idea of replicating the traditional gardens of the Taiwanese people. The park also includes a trail that connects from Overland Park, running along the north side of the property. Kids young and old enjoy the serenity of the garden and trail, along with a playground located adjacent to the main shelter house. [I Lan Park](#)
  6. **The Country Club Plaza** is filled with beautiful fountains and shops. Take photos and make a day of it. [Plaza](#)
  7. **Shawnee Mission Park** is home to a number of fantastic amenities as well as a beautiful 120-acre lake. The lake is a very popular spot for boating, fishing, sail boarding, and much more. The park also has twelve spacious shelters, numerous picnic areas, nature trails, play areas, an archery range, a 53-acre dog off-leash area and is a great place to enjoy horseback riding. It also has three very distinct facilities such as the Shawnee Mission Park Beach, The Theatre in the Park and the Shawnee Mission Park Marina. Our marina is equipped with canoes, pedal boats, and fishing boats with boats rentals available to the public. [Shawnee Mission Park](#)
  8. **The Berry Patch** is acres of berry picking fun. Check out the berry picking report for the best time to go picking. All natural sweetness and none of the guilt. [The Berry Patch](#)
  9. **Flint Hills Nature Trail** is 117-mile rail-trail conversion connecting Osawatomie in the east and Herington in the west, passing through the towns of Rantoul, Ottawa, Pomona, Vassar, Osage City, Bazaar, Allen, Bushong, Council Grove, Wilsey, and Delavan. When completed, it will be the longest rail-trail in Kansas. [Flint Hills](#)
  10. **Ibex Climbing Gym** is Kansas City's premier indoor climbing facility offer over 6900 square feet of overhanging, vertical, and slab terrain that will challenge the beginner to most advanced climber. [Ibex](#)

## → Creative Cardio Library

### Family and Friends Fun Cardio



Here are three great cardio exercises you can do with you kids or your friends. Get out and get moving. Make it fun!

**Don't forget to stay hydrated!**

[Fun Cardio Video 1](#)

[Fun Cardio Video 2](#)

[Fun Cardio Video 3](#)

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

## → Christina's Kitchen

Pita Pizza - This is a great quick lunch or good for parties.

*It is a perfect protein, fiber, starch meal!*

This serves about 4 Servings: 1 pizza



\*1/2 C no salt added tomato sauce  
dash of garlic powder  
1/2 teaspoon of dried basil  
pinch of thyme  
1/2 tsp dried oregano, crumbled  
Plus extra for topping

2 6 inch whole wheat pita pockets, but open into 4 rounds  
1/2 cup of thinly sliced Red peppers  
Sun dried tomatoes, diced, use to taste  
Your choice of turkey or chicken chunks

1 C grated fat free or part skim mozzarella or FF cottage cheese  
No cheese is an option too

Preheat broiler.  
Or Grill  
or bake at 400 for approximately 8-10 minutes

In a small bowl, combine tomato sauce, with the spices.  
To assemble, place 2 pita halves in center of a large baking sheet. Place remaining pita halves on another baking sheet. Spread 2 Tbl sauce on each pita half. Sprinkle with cheese, top with peppers and turkey/chicken, and sprinkle lightly with oregano.

Place oven rack 3 to 4 inches from heat. Put one baking sheet in oven so pizzas are under elements. Broil for 2 to 3 minutes, or until cheese melts and edges begin to brown. Remove and cook remaining pizzas.

**Want to speed up the sauce?  
Use a low sodium pizza sauce instead.**

### → Client of the Month Stacey Saladin

About a month ago I decided that it was time to shake off the winter rust and get myself in better shape. While I tried to stay active over the winter months by going to the community center a couple of times a week and using the treadmill and rowing machine, my husband's new-found love of breadmaking was not helping matters.

In committing to get myself healthier, I knew I'd need a serious, knowledgeable ally. I've worked with a trainer before and had good success, so I can find my way around a weight room. Still, there is no substitute for having someone to coach you through those tough times when you're feeling less than motivated. I could have made a workout and diet plan for myself, but I needed something more structured than that. I needed Seville.



At first I was concerned that the time I spent away from work would weigh down my progress, but I couldn't have been more wrong. I'm a little more than a month into Seville's program and it's definitely working. I feel better, I'm more energetic and my mood has improved (except for in the hour right after my workout). My family has noticed, and so have I. Instead of hindering my business pursuits, I've noticed that as I go through my workday, I'm more focused and I concentrate better. I'm more productive and much less stressed. And, of course, this has me thinking about the lessons in all of this.

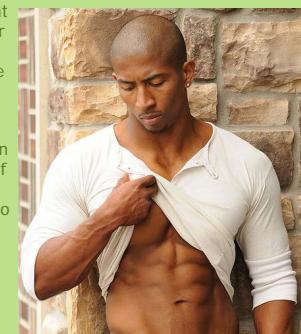
The first lesson is the easy one -- take care of yourself. This is one we all pay lip-service to, but we need to keep in mind that there is a business case to be made for good health. Even small changes for the better can impact your productivity and your professional relationships.

But I think the more important lesson is this: There are times when you need a pro. As I said, I could have done a lot of this myself and saved some money, but I strongly believe that I've gotten much more value from the experience by having someone whose business is my success. In addition to being a motivator and a really nice person, Seville is a knowledgeable professional who is dedicated to seeing me reach my goals. Because he remains focused on the big picture, which frees me up to take on the tasks at hand (which, during my time with Seville, is usually just continuing to breathe).

The benefit for me of working with a professional is that, while it involved a measure of short-term pain, those are more quickly transforming into the results I was hoping for. I could have muddled my way through some name-brand diet, but Seville gave me some basic tips that have made all of the difference and saved me money in the long run. I still have a way to go before I reach my goals, but I have a partner and motivator who is keeping me on task as I chase them -- not to mention how much easier it is to have a clear, orderly plan of pursuit or how comforting it is to have someone to lean on when I'm not as motivated as I should be.

### → Trainer of the Month Seville Ko

My name is Seville Ko, Manager of Trainers at His and Her Fitness. I'm entering my 3rd year with H&H and I am back with a vengeance! This last year I had a great opportunity to be a Graduate Assistant Football Coach at Pittsburg State University! I was a full time coach, full-time graduate student, lab assistant in exercise physiology lab, and even taught Weight Training and lecture format of Lifetime Fitness Concepts! While expanding my knowledge for the game I loved, I was also able to further my knowledge on nutrition and program design by leaps and bounds! I found a deeper desire and closer bond with fitness as my interest in strength and conditioning grew! My two biggest passions, football and fitness, I finally realized were ONE! I chose to return to His and Her Fitness with a drive like never before! My studies have increased my knowledge and application for resistance training and nutrition. I can't wait to share everything with my clients. I love to educate everyone on the WHY and HOW things should be done a certain way. I want to use this knowledge to ensure all my clients have the tools to live an active fit lifestyle! That is my biggest motive right now! I am forever thankful for Christina and the warm welcome I have received thus far from everyone. If you train with someone else, be sure to greet me. **I may beat you to it!**



Train Smarter, Not Harder

Seville Ko

The biggest compliment we can receive is a referral from our clients!

*Refer two people to personal training  
and receive a one hour massage - free!*

Offer Expires: Enter Expiration August 13, 2011

July 13th, 2011

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