



news



His & Her Fitness News

News From H&H

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HIS & HER FITNESS
NO EXCUSES

Newsletter

August 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

[Bachelor Auction](#)

→ Workout Buddies

I want to challenge our clients, friends and loved ones. Are you happy with your meal selection? Do you feel you are providing your body with the best possible nutrition? How do you feel? Are you fatigued? Do you think you do not get enough exercise? Or are you pushing yourself so hard you keep getting injuries?



I asked a few of our clients to list five of their friends and ask these friends to join them in their workouts. They trained with weights 2-3 times a week and did cardio 3 times a week. Their goal was to try and eat clean 90% of the time. The results of these clients were awesome! Not only did the added camaraderie make the workout more fun, it motivated them to workout a little harder than they would if they were by themselves. The bar was raised for everyone.

So reach out, grab a friend and encourage them to workout with you. You will feel better, workout better and may motivate someone to a healthier lifestyle. Let's change Kansas City one person at a time.

Healthy Regards,

Christina Larson

→ Support Ozanam and Have a Blast Doing It

DISC GOLF TOURNAMENT



Our very own **Seville Ko** is one of the bachelors for the **2011 ACS CAN Bachelor Auction** that takes place August 25 at 6 pm

The venue is: Howl at the Moon bar in the KC PNL District.

We are raising donations toward his auction and cancer research.

His and Her Fitness' goal is to raise \$500 for the event.

Any amount is appreciated and can be made out to American Cancer Society, Cancer Action Network.

ACS CAN is involved in: passing smoke-free laws, increasing funding for cancer research and improving access to quality health care.

[More Information](#)

Good Find



Trader Joe's Dry Roasted and Unsalted Almonds

These are super crunchy and yummy. If you haven't stopped by TJ, it is a great store full of well price, healthy selections.

[Trader Joe's](#)

9/24/11



5K

All proceeds raised from the Sacred Steps 5K Run/Walk will go directly to address the needs of those living in poverty in the Democratic Republic of the Congo (DRC), Africa

[Registration](#)



If you are a fan of family activities, Frisbees and fun, then you are sure to enjoy a game of disc golf to benefit Ozanam! Our tournament is perfect for first-time players, as well as professional disc golfers. Plus, the event is held at the only private course of its kind in Kansas City that was built in 2008 on the scenic property of Bill and Bo Stueck! We hope you will join us for this memorable event presented by our friends at Suburban Lawn & Garden.

REGISTRATION INFORMATION

Since it first opened its doors in 1948, Ozanam has helped more than 6,000 children get their lives back on track. Located on a 96-acre campus in south Kansas City, Ozanam provides a wide array of therapeutic options and a dedicated staff of more than 150 professionals. Together, we can help children and their families begin to put their lives back together.

→ Creative Cardio Library

Cardio on the Plaza

We all know the plaza is a fun spot to go shop and eat. But did you know you could do fun cardio there? 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!

[#1 Fun on the Plaza](#)

[#2 Fun on the Plaza](#)

[#3 Fun on the Plaza](#)

Need a refresher on some other creative cardio ideas?

Check out our video collection on YouTube [Creative Cardio Library](#)



Vote For Your Favorite Supplement and SAVE



[Vote Here - Ends 8/15](#)

→ Christina's Kitchen

It is hot, here are a few quick eats!

Veggie Dip

8-6 oz of low-fat or fat-free plain great yogurt
2-3 tablespoons of your favorite salsa

Mix and dip broccoli, zucchini slices red peppers

Chopped Salad

1 small zucchini
1 small yellow squash
1 tomato
1 cucumber
1 bell pepper
1/2 pound of chopped cooked low sodium turkey

Chop all in similar bite sizes, mix and sprinkle with lite balsamic vinegar

Sweet Treat

1 small multi-grain tortilla
1 tsp of natural peanut or almond butter
1/2 tsp of local honey
1/4 tsp of cinnamon



Mix nut butter and honey, spread on tortilla and sprinkle with cinnamon. Roll up and slice in bite size pieces. Secure with toothpick and enjoy!

ARE YOU CRAVING CHOCOLATE?

Casein can be mixed with cold water to make a pudding. Ask your trainer for more details.



Client of the Month Shanna Gast

I first considered working with a personal trainer toward the middle of my senior year of college. It occurred to me one night midway through a *plate of pigs in a blanket*, split between my roommates and I. While we all maintained an active lifestyle and stayed thin throughout college, we also liked to indulge in the "Triple Crown" of South Bend, Indiana: McDonalds, Burger King, and Taco Bell, polished off with a six pack each.



After running a marathon in the fall of 2010, I realized that I knew of no effective weight loss strategy other than to start running and stop 15 or 20 miles later. I had accepted a job beginning in the fall that will require 60-80 hour weeks, I knew I needed to make a change and get this figured out! I called His and Her Fitness, while procrastinating during finals week. Seville knew enough to call back **after** I graduated. Twice! Six weeks later, here I am, fitting comfortably into those clothes that I had stopped wearing.

My favorite part of working out with Seville at His and Her Fitness is the same commitment that led him to calling me twice after graduation is that he sticks with me, even when I'm not at the gym. I never imagined that, in addition to having motivation in the gym, I would have a trainer that would always inspire me to stay fit, even while not working out. Seville keeps me accountable to the nutrition plan we set up, and he always responds to texts to help me out. I do miss some of my favorite foods (I'm talking about you, macaroni and cheese!), I love the progress that I have made in fitness. My friends and family all have noticed my newly toned figure. I also find that I have much more energy and focus throughout the day. Those rewards are much more fulfilling and long-lasting than the taste of any brownie and cupcake.

The true test of my new lifestyle will be, of course, maintaining it when I move to Chicago. I am nervous for this transition, partly because I will not always be able to cook for myself, but I know that I also have a trusty, simple, reliable plan to fall back on. I have a long way to go before reaching my goals, but I know that if I stumble, Seville is only a text away.

My Success Stats:

- Lost 5 Inches on waist
- Lost 2 inches around her hips
- Decreased 7% Body Fat and added 4 lbs of muscle in 8 weeks

Trainer of the Month Seville Ko

My name is Seville Ko, Manager of Trainers at His and Her Fitness. I am honored to receive back to back Trainer of the Month

awards. These awards are simply a testament to my team of clients and passion.

I officially received my diploma in the mail. I graduated with my M.S in Human Performance and Wellness, with Magna Cum Laude honors from Pittsburg State University. Just like Christina, fitness is truly my lifestyle. Lifting weights and being active is not just my routine, it's my stress relief, an outlet to challenge myself, and a venue to dial in on my current goals.

My first love of football and basketball is something I still make sure I include in my weekly routine. I was a high school and college athlete. I later become a professional football player. I am competitive by nature. I compete in men's basketball leagues and on a traveling flag football team 2-3 times a week. My own workout goals will vary from hypertrophy, strength and muscular endurance to ensure optimal performance and injury prevention in my leisure sport activities. I find it very important to keep a balance in my life between work, family and fun activities. Completely transforming your old identity towards healthy lifestyle involves mental, physical, spiritual and emotional balance.

Working out is supposed to be fun, so get back to that! I encourage everyone to ensure your workouts and aerobic activities are catered specifically to YOUR individual goals. The miscalculation of a program design and exercise routine can directly lead to acute or overuse injuries. Reconnect with your trainer and stay on track with your short and long term goals. Variety in your workouts can be just the shock your body needs to get over that plateau. Maximize your exercise and remember...

Train Smarter Not Harder!

Seville Ko
 Manager of Trainers
 Athlete Specialist/Personal Trainer
 M.S. Human Performance & Wellness
 B.S Physical Education & Health



All casein protein powders are 10 dollars off!

Ask your trainer if you could benefit from casein in your nutrition or for more information check out:

[Optimum Nutrition](#)

Offer Expires: Enter Expiration September 13, 2011

August 12th, 2011

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913-206-

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