



news



His & Her Fitness News

News From H&H

Issue #32 September 2011

HIS & HER FITNESS
NO EXCUSES

Newsletter

September 2011

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ON WAYS TO UP YOUR
ACTIVITY!*BE SOMEONE'S INSPIRATION!*Disc Golf Tournament
9/10/11

If you are a fan of family activities,

→ CHANGING ONE LIFE AT A TIME TOGETHER

We appreciate all our clients and their hard work. Everyone is a success to us when you walk in the door. We know you have made a commitment to a healthy lifestyle and want a change. That is a BIG first step! What thrills us more, is when we see our client's families coming together to embrace a healthy lifestyle. We do influence those around us. Someone is always watching. Set an example of healthy. Be inspirational!

Healthy Regards,

Christina Larson

**Habits That Can Work Against Your Weight Loss**

1. Not seeking nutritional guidance
2. Sleeping too much or too little
3. Drinking any kind of soda
4. Skipping meals
5. Eating too quickly
6. Eating off larger plates
7. Taking big bites
8. Not drinking enough water
9. Eating too late
10. Eating when emotional

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.

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.



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](#)

**9/24/11
Strutt with your Mutt**



**3K Strutt and
5K Race**

Fetch your friends and join us for the a 21st Annual Strutt With Your Mutt 5K Race and 3K Walk for Wayside Waifs. This event brings people and pets together with one goal- to help abandoned, abused and homeless pets in Kansas City get a second chance at life.

Strutt With Your Mutt helps Wayside Waifs care for 6,500 abandoned, abused and homeless pets every year. Proceeds from the event also help fund animal rescue missions and provide humane education to nearly 30,000 metro children.

[Registration](#)

**GOLF
10/3/11**



Ask our trainers why these habits can work against your weight loss.

→ Creative Cardio Library

It is finally cooling off outside!
Get out and do your cardio!

Here are three great exercises:

Don't forget to stay hydrated!
[Beginner - Squat Knee Cross](#)

[Intermediate - Squat Hops](#)

[Advanced - Modified Lunge Toe Touch](#)

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



Race for the Cure

Kudos out to the Morris family for completing the 5K race for Head for the Cure.

[More About Head For the Cure](#)

We believe when you give back you get so much more!

Has your family supported a cause?
We would love to profile it.



2011 Head for the Cure

Contact us

→ Christina's Kitchen

I LIKE ICE CREAM and summer is almost over. Someone asked me to demonstrate how I make my great tasting shakes, so I thought "Good demo for our newsletter."
Enjoy:

- [Making a Healthy Cold Treat: Video 1 of 3](#)
- [Making a Healthy Cold Treat: Video 2 of 3](#)
- [Making a Healthy Cold Treat: Video 3 of 3](#)

Here are a few of other recipes:

Strawberry Blast
10 Frozen Strawberries
1 tsp cinimon
1 scoop Vanilla Cream Casein ON
Splash of water
Blend to smooth

What is in this? It is so yummy.
1 serving of plain Greek yogurt
3 frozen strawberries thawed out
1 tsp of cinnom
blend with ¼ cup spinach
Blend to smooth
Place in freezer - eat like ice cream

→ Client of the Month:

Monday, October 3, 2011 at 8AM
 Oakwood Country Club
 9800 Grandview Road
 KCMO 64137

Join the women of the greater Kansas City Area at the First Annual BIRDIES FORE HOPE Golf Tournament for the benefit of Hope House. This socially conscious ladies tournament is dedicated to improving the lives of the women and children of our community. Together we can help end the cycle of abuse.

[Registration Information](#)

Running
 10/15/11



Waddell and Reed Kansas City
 Marathon
 Half Marathon
 5K
 Team Relay
 and
 Kid's Marathon

[Registration Information](#)

Coming Soon:
 New ON Protein DRINK



AMINO ENERGY



Mix up Essential Amino Energy by itself - or stack it with your favorite powdered supplements - anytime you want to dial up mental focus, physical energy, N.O. production and recovery support.

ASK YOUR TRAINER HOW THIS MIGHT FIT IN YOUR HEALTHY LIFESTYLE.

Mart Sedky

In 2006, I walked into my doctor's office to get the results of my physical exam, tipping the scale at close to 300 pounds. The news was not good. I was diagnosed as border-line diabetic, and my blood test results were way out of normal ranges. My doctor asked me what I wanted to do, and I told her I did NOT want to go on medication, so I would try dieting.

I had yo-yo dieted for years. So as I always had before, I looked around for the latest "thing" that could help me lose weight. I used a packaged food program and lost 110 pounds, but when I started eating again, I went right back to eating the way I had before and quickly put 70 pounds back on. That's when a colleague of mine said, "You need to meet a personal trainer I know. He's great, and he can help you!" Over the past two years, Jonathan Rios has done so much more than help. He has guided me in losing the weight I had regained (without a fad dieting), taught me how to eat healthy and how to identify the things that trigger my desire to eat poorly. I've even come to enjoy exercising (which I never thought would happen)! Jonathan has been there every step of the way, encouraging me, educating me, challenging me, and supporting me - always there when I need him.



My two sons-Mohamed, 19 and Samir, 11-- both have ADHD. Jonathan has been working with Samir for about a year now. Prior to coming to His & Her Fitness, Samir's diet consisted of chicken nuggets, pizza, and potato chips! He's learned that eating wholesome healthy foods and exercising regularly makes a huge difference in his ability to focus and do well in school. He feels much stronger and more confident and has a blast coming to work out with his buddies at the gym. When Samir started school this year, his teacher asked him if chicken nuggets were his favorite food in the school cafeteria. Samir's response was "I only eat healthy food, so I bring my own lunch." Music to a mother's ears! Mohamed recently began training with Seville Ko and is also feeling healthier and stronger every day!

For us, His & Her Fitness has become part of our family. With the help of our fabulous trainers, we're working hard to live well and maintain our health and well-being. I'm proud to say that I feel healthier and stronger at 52 than I did at 42 or even 32 thanks to His & Her Fitness.

Trainer of the Month Johnathan Rios

Initially, many of my clients come to me because they are insecure with their physical appearance or medical health issues. My goal, no matter what, is to get my clients healthier and then the physical appearance will come second. Physical appearance is the by-product of success. Many people walking around may appear thin or fit, but they are actually unhealthy, with either injuries that are constant or underlying issues like arthritis or diabetes. My education from USC taught me about health and wellness and my Doctorates degree in Internal Medicine, taught me the underlying symptoms of internal health systems. It's great that I can work with such a diverse group of people at His & Her Fitness. I can be educating children on wellness and turn around and be working with those well into their older years. My goal is not to challenge my clients but it is to have my clients challenge me to educate them on how to maintain a healthy, active lifestyle. Anybody can loose 100 lbs, the difference is my clients know how to keep it off. Please contact me at His & Her Fitness 913-972-1769.



Our heart rate monitors are sweet.
 This month, they come with something sweet!
 Know your zones - then reward!

Free protein bar with purchase

Offer Expires: Enter Expiration October 11, 2011

September 11th, 2011

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