



news



His & Her Fitness News

News From H&H

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HIS & HER FITNESS
NO EXCUSES

His & Her Fitness Newsletter November, 2012

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In This Issue

Annual Holiday Party
Burn Calories Outside
Charity Runs and Walks
New feng Store Opening
Christina's Corner
Creative Cardio Library
Christina's Kitchen
Improvements at H&H
Holiday Fitness Tips
Holiday Gifts/Stocking Stuffers
Re-building in Joplin
Client of the Month
Team Member of the Month

Quick Links

[His & Her Fitness website](#)

[About Us](#)

[Contact Us](#)

View our videos on YouTube

Christina's Corner



Planning and communication are keys to success

Let's work together and help show Kansas City the difference between impromptu "on-sale" purchases and healthy choices! When you walk into a store, think "I'm here with a mission." Make a list of planned purchases and don't buy something just because the label says "healthy, lean, fat-free, or sugar-free."

Everyone's success is really showing at His & Her Fitness! So just follow your plan and when you have a bad day, don't worry - just get back on it. Get in touch with a trainer - by phone, email, Facebook, twitter, or just stop by to have us help guide you back to the right path. Sometimes it takes experienced, but positive input, to help you get to the "it's okay to eat and it's okay to not be perfect" state-of-mind. Go to www.hisandherfitness.net to check out your trainer's favorite cheat - we all have one!

When you're working out it's so easy to want to get into the newest, greatest thing... but H&H training progresses as you progress with your balanced lifestyle. So always keep talking with us so we can train you specifically for your lifestyle needs. We want to look out for you. If you have stress, let us give you the perfect workout to increase those endorphins. If you're tired, let us create a lighter training session to help your fatigue. Plus, whenever you exercise, let us protect your joints. And hello! let us help you have fun with creative cardio -- try it with friends, family, co-workers, on a beach, in a hotel, and more. And you can use us to help you come up with a vacation success plan -- holidays and more!

Remember that communication with us is key to your success at H&H. We never really approve of overdoing or overindulging, but we will be so happy to help you

Like us on Facebook **It's Party Time!****Annual H&H Holiday Party**

Come celebrate the holiday season with the trainers and clients at His & Her Fitness! Bring the family and join in the fun.

When: Saturday, Dec. 1, 6pm
Where: His & Her Fitness,
5328 W. 151st St., Leawood
Charity raffle: Benefits to the Dream
Factory of KC (through the KC
Chapter of NFL Alumni)

Last year's raffle prizes included golf bags from Optimum Nutrition, clothing, a grill from Smoke 'n' Fire, and more.



The food is prepared (and approved!) by H&H owner, Christina Larson. Cheesecake, dips and more! And, as in the last three years, the smoked turkey will be provided by Christina's mentor, Michele Stauffer of Air Associates. Everything will look so good that you'll think you can't eat any of it... but it's all pre-approved.

As a holiday treat, we're offering a specialty drink -- and we'll feature it in January's newsletter. Drink ingredients will be purchased from client, Dennis Bryant of "Bryant Liquor." Our wine selection will come from client Eddie Kennison's store, "Cellar & LOFT."

Get Outside and Get a Workout**Fall chores burn calories**

The cool fall weather provides a great opportunity to get outside to enjoy the sun, do some chores, and burn some calories! A 150-pound person will burn 269 calories raking leaves for one hour. The same person will burn 375 calories pushing the lawnmower for an hour or 352 calories by cleaning gutters. Who knew that yard work would make both you and your yard look better?

Calorie statistics were reported in the September and October, 2012 editions of *A Healthier You*, monthly newsletter from BlueCross BlueShield of KC.

H&H Clients Out and About**Charity runs and walks**

His & Her Fitness clients hit the streets this fall -- all for a good cause.

get back with your program! Let's be fit, happy and healthy together!

Christina Larson

Owner / Trainer MCPT-PFI / ON and ABB Sponsored Athlete

Creative Cardio Library**Add a ball to get more from your cardio workout!**

Beginner Cardio



Moderate Cardio



Advanced Cardio

Christina's Kitchen**A Thanksgiving treat - pumpkin muffins!**Muffins

3 scoops whey protein
 9 egg whites
 3/4 cup canned pumpkin
 8 packets of Stevia
 2 tsp unsweetened dark chocolate
 cocoa powder
 2 tsp baking soda

Combine ingredients in bowl, put batter in muffin tin, and bake at 350 degrees for 15 min.

Icing

1 cup protein powder
 2 tsp cinnamon
 2 packets of Stevia

Mix with water to desired consistency. Pour icing over tops of muffins after they come out of oven. Enjoy guilt-free!

Improvements at H&H**New carpet brings wide open space**

Things look a little different at the His & Her Fitness studio these days. The wooden floor is gone and fun carpet squares have taken its place. Come check out the new look!

**Holiday Fitness Tips**



Debbie Hardy (in white shirt above) participated in the 14th Annual Jared Coones Memorial 5k 2012 on October 13. And on November 3, Eddie Kennison, hosted the Kansas City Metro Walk - Alliance for Lupus Research.



Eddie Kennison and fellow walkers raised more than \$60,000 for Lupus research.

A "Shout Out" to a Friend

New feng store opens

His & Her Fitness client and friend, Beth Zollers, is proud to announce the opening of her new flagship store, **feng**, in the Shops at One Nineteen. The grand opening will be celebrated on Saturday, Nov. 17, 10a - 8pm. Come investigate all the fashion and fitness options!



Top 10 ways to survive the holidays

1. Party with a plan.
2. Keep up with your food preparation.
3. Remember that every bite counts.
4. Walk after a big meal.
5. Take your own "clean" dessert from the *Eating for Life*

cookbook or www.hisandherfitness.net.

6. Drink extra water. (Ask your trainers why.)
7. Tell your trainer how you feel, whether tired, stressed or on target -- so your workout is dynamic to you.
8. Do your cardio in the morning.
9. Meet a friend at H&H for creative cardio
10. Don't forget that next summer is just around the corner.

Holiday Gifts and Stocking Stuffers

Great local gift ideas



- Fitness gloves that sparkle! ([See the selection at H&H.](#))
- I-tunes gift card -- so you can download workout songs!
- Boxing gloves. www.store.titleboxing.com/gloves
- Massage gift certificates. (Talk to Kris Pike at H&H.)
- Fitness clothes at feng. www.fengkc.com
- Heart-rate monitor -- for sale at H&H.
- Activities at the Martin City Sports Complex. www.martincitysports.com
- Wine flights giftcard. www.awineflightsbar.com
- Boxing bag. www.store.titleboxing.com/lil-dragon-freestanding-bag
- *Eating For Life* cookbook -- from your favorite H&H trainer.
- Take 5 Coffee Bar gift certificate -- to order a protein shake!
www.TakeFiveCoffeeBar.com
- Indoor wall climbing. www.climbibex.com
- One-on-one personal training and consults at H&H.
- Indoor go-kart racing. www.sadlersindooring.com
- Garmin Golf GPS. www.buy.garmin.com/shop
- Magic Bullet. (Costco is your best buy.)
- Protein powder from H&H for your Magic Bullet.

H&H Client Helps Re-build in Joplin

Power tools are fun!



Debbie enjoys the rebuilding process with her power tools, her husband and her friends.



Debbie Hardy, long-time H&H client, along with fellow volunteers from Community Bible Church in Olathe, dedicated a week's work in late October to help out in Joplin, MO. They worked together to help rebuild houses damaged by the F5 tornado that devastated Joplin on May 22, 2011. Their relief efforts were coordinated through Mennonite Disaster Service. Debbie reports that the volunteers thoroughly enjoyed the work -- and she particularly liked learning how to use the power tools!

Client of the Month

Kendra Espey

My name is Kendra and I'm a 38 year-old mother of two amazingly active children. I can honestly say that they were what spurred me to find help at His & Her Fitness. I have struggled with my weight for most of my life. I was a yo-yo dieter -- and had never had anyone explain clean eating to me or the importance of eating correctly, rather than dieting. Enter H&H. I had a friend tell me about Christina and how she could get me moving in the right direction. Well, I made the phone call and Christina took it from there. She had me in the gym planning meals! She sat me down and explained that if I didn't take time for me, I was never going to have the energy to be the mother I wanted to be. And she set me up with two fantastic trainers, Ty and Kellen. These two have been my cheering section from day one! Without them constantly checking on me, giving me support and helping me watch my food journal for simple mistakes, I wouldn't have seen the success that I see today. The family at H&H is such a blessing -- trainers and clients alike! I gain just as much encouragement from the other clients in the gym who are working hard and making



changes, as I do from all the trainers.

The physical changes in my body and in my energy level have impacted my entire family. And because of the changes I've made in my lifestyle, my family has become healthier as well. Exercise and eating right has become the norm. Thanks to everyone at H&H!

Team Member of the Month

JP LaMunyon



I'm very honored and humbled to be chosen as the Team Member of the Month. I truly enjoy being a part of the team here at His & Her Fitness.

Many people have asked me why I have chosen the career path of personal trainer. To be honest, I think this career has chosen me. It's one of the few things in life that has come naturally to me -- and it's a passion of mine. Throughout my high school and collegiate athletic careers, I often found myself helping people reach their goals through weight-lifting, nutrition, cardio, etc. So it was an easy choice to choose this path - a path in which I get to actively make a direct impact on people's lives.

I was once the "skinny," "weak" kid in my early years of high school, weighing in at only 120 pounds soaking wet! I wanted to earn a college baseball scholarship, so I was determined to get bigger, faster and stronger to improve my athletic performance. I had to completely change the way I trained and ate in order to achieve my goals. I accomplished them all, and helped my team win the 6A State Championship for baseball along the way. Using books, mentors, coaches and personal experience, I was able to transform my body and ultimately received multiple college scholarships from multiple schools. I played ball at Johnson County Community College, Fullerton College and the University of Northern Alabama, receiving several honors (including selection to the All-American team).

With the addition of a college education to my past 10 years of training and personal experience, I look forward to helping anyone and everyone who wants a physical transformation -- done the right and healthy way! God bless.

GIVE THE GIFT OF HEALTH!

**Purchase one package of training sessions
(for yourself or a loved one!)
and receive \$70 towards a consultation**

or

Purchase 6 massages and get one FREE!



Offer expires December 9

November 11th, 2012

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