



 news

His & Her Fitness News

News From H&H

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HIS & HER FITNESS
 NO EXCUSES

His & Her Fitness Newsletter

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Christina's Corner

Party with a plan

Well 2012, we are finishing so strong this month! And now we are focusing on "party with a plan." Yes, we all have many close friends. And yes, we all have lots of parties to attend this holiday season. But the trick is to eat before you go - or know the menu and eat what's good for you. If you want to snack, try just eating the veggies. Or even bring your own veggie plate with cottage cheese and salsa dip (from the *Eating for Life* cookbook). And just a little tip as a guest - always bring the extra food just to be nice and never tell anyone it's really a healthy treat. If desserts are your problem, check out the recipes in the *Eating for Life* cookbook and at



www.hisandherfitness.net, or just make a plate of chopped berries! Now, you all know that if you take in too many starches - whether they're liquid or solid - you will crave sugar the next day. The trick is to remember that fact and make sure you stay strong. If you over-indulge, drink extra water the next day and maybe add another creative cardio workout - one in the morning and one in the afternoon! You have the tools (and the trainers!) to help you maintain or keep losing weight this holiday season. Be strong! Have fun! Enjoy!

Happy holidays to all!

Christina Larson

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

Creative Cardio Library

Jump for joy!



H&H Client Is Happy Dancer



Congratulations!

In late November 15-year old Kelyn Lynch, an accomplished Irish dancer, competed in the 2012 Mid-America Oireachtas in Grand Rapids, MI where she qualified for the 2013 North American Irish Dance Championship to be held in Anaheim, CA next summer. Kelyn's ultimate goal is to make it to the World Championships in Ireland.

Kelyn started going to His & Her Fitness in October when she had a broken foot. Her parents thought this would be a great way to strengthen her core and increase her leg strength while she was recovering. She enjoyed the training so much and has seen such great results that she wants to keep going!

KC Business features H&H clients

Success in the gym and at work

The December issue of *KC Business* features Eddie Kennison and Mike Bukaty -- hard workers in their businesses and at the gym! Both believe a committed exercise program is important to their success. Check out the full article in [KC Business magazine](http://www.kcbusinessmagazine.com).

New Equipment!

Merry Christmas to H&H clients!

Get ready for some changes in your workout! Christina has purchased a new piece of equipment for the H&H studio. It's a Body Solid Deluxe Cable Center / Cable Crossover machine. So prepare to work off any extra holiday pounds. Merry Christmas to us all!



Beginner Cardio



Moderate Cardio



Advanced Cardio

Christina's Kitchen



Pesto sandwich

- 2 chicken breasts
- 1/4 cup Italian dressing - light
- 2 tsp basil pesto (by CIBO Naturals)
- 2 slices of fresh mozzarella (by BelGioioso)
- Red pepper slices

2 sandwich thins (recommend Oroweat-multi grain)

Marinate chicken in Italian dressing overnight.
Bake in oven at 350 degrees for 35 minutes.
Place chicken on sandwich thins.
Add pesto, mozzarella and red pepper to each sandwich.

Delicious and nutritious! Quick and fun!

"Fit not Skinny" Party Tip

Be a healthy guest

When going to a party... don't ask. Just be a sweet guest and bring a healthy treat. Your hostess will love you!

Suggestions:

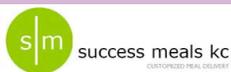
1. *Eating for Life* strawberry cheese cake
2. *Eating for Life* pumpkin cheese cake
3. Dip and veggie tray -- low-fat cottage cheese blended with spices. (Christina likes to use the pictured spices.)

(Cheesecake recipes from *Eating for Life* cookbook by Bill Phillips.)



Success Meals KC

ACT FAST! A special deal for the new year



Success Meals KC is now offering their annual two-for-one special. Through December 15, purchase a 12-week program and receive a second 12-week program for free! Check out their home delivery service of healthy meals tailored just for you. www.successmeals.com

Holiday Party Pix!

Friends and family, food and fun

His & Her Fitness clients and trainers, along with friends and family, gathered for a fun night to celebrate the holiday season on Saturday, December 1. In addition to enjoying the fun, food and DJ, a raffle was held to benefit The Dream Factory of KC (through the KC Chapter of NFL Alumni). Raffle items were donated by Smoke 'n' Fire, NFL Alumni, Optimum Nutrition, Sunset Grill, Glitters, Dr. Mark W. McClung, ZeNail & Spa, and His & Her Fitness (with training sessions, massages and t-shirts).



Client of the Year

Chandra Bell



Chandra and Tom at holiday party

I'm honored to be chosen as Client of the Year at His & Her Fitness and want to thank Christina for always believing in me. I started training at H&H with Christina in the summer of 2007 and over the past five years there have been many ups and downs - not just with lunges, push-ups, and squats, but also with weight, attitude, consistency and healthy eating. Despite the ups and downs, I never quit working out. At both my thinnest and my heaviest, I've been a consistent client and have worked out for at least two sessions a week for the past five years. My logic was that I could decide at any moment/any meal to eat better - but there was no way I was going to go through the physical pain of "getting in shape" again. I just couldn't bear the thought of starting from scratch with weights and having every muscle in my body ache because I had stopped exercising.

I have come to learn many things about myself in the past five years, but the few that stand out the most are:

1. I'm extremely routine-based - if I break a workout or eating routine due to sickness or traveling, it can set me back weeks until I get back on track.
2. If given the choice of working out or just laying around... I am more apt to choose just laying around!!
3. I'm a major stress-eater and sugar is my main weakness. I can pass up potatoes, pasta, and bread, but offer me a warm chocolate chip cookie and I'm done!

Understanding where I struggle the most and attacking those areas head on led to 2012 being my most balanced and consistent year at H&H so far. It seems simple enough - but it took me five years to finally align my head, heart, and intention.

I have always taken responsibility for my results with H&H - I ultimately decide how hard I work out during each session, what food I choose to eat, and how often (and how intensely) I do cardio on my own. I logically know, believe, and understand that if I follow Christina's and Kellen's guidance to the letter, I'll be in the best shape of my life. The only missing piece has been me deciding and choosing to be committed and consistent. The good news is that H&H will be there waiting when you finally decide to get committed. Even if you don't tell your trainer your intentions, they will see a change in your attitude, energy and focus during your workouts. Thanks, Christina and Kellen, for your support and patience in the last year! And a special thank you to my work-out partner, Marshall, for helping many workout hours fly by as we chatter about movies or work or whatever!

Chandra's H&H journey -- Below left: May 2010; below center: Dec. 2010; below right: Oct. 2011.



Team Member of the Year

Tom Finholm

I started working at His & Her Fitness in 2009. Fitness has always been an integral part of my life. When searching for a job, I looked at a few other gyms, found His & Her Fitness, and couldn't be happier with my choice. Instead of just finding a job, I feel like I have chosen a place to have a career and a job for the future.

I enjoy the daily quest to help my clients reach their goals. I like the various personalities that I deal with every day. Day to day I work with so many different personalities that I enjoy finding out what works best for each of them to be successful. I want to thank all my clients who appreciate the week-to-week efforts I exert for each of them. It feels good to get recognition for the hard work that I put in for each individual person. I chose this career because I wanted to help people achieve their personal fitness goals, and it's great to have people see that happen.



I am honored to receive this award, but I would also like to recognize the other H&H team members' efforts. First of all I would like to thank our owner, Christina Larson. Thank you for giving me the opportunity to work at His & Her Fitness and for your constant positive attitude toward the trainers and clients. Your dedicated pursuit of every client's success -- in the early mornings and late evenings, through diets, phone calls, e-mails, and questions at all hours of the day, every day -- is incredible. And you do everything behind the scenes to make our business a success. Christina, thank you for your constant dedication to His & Her Fitness.

Next, thank you to Ben Bolan. Ben helps us in so many ways to keep the everyday business running smoothly. Machines are always needing repair, the walls need painting, the computer system needs updating, new carpeting needs installation -- whatever needs fixing, Ben is always there to assist us.

And our training staff is stronger and better than ever. Thank you, Kellen, for always being in a good mood and bringing a positive attitude into the gym every day. I can tell that all of your clients enjoy working out with you and coming to the gym because you are their trainer. Thank you, Amanda, for having such an easy-going personality. It makes you extremely easy to get along with. And it's obvious to me that you care about your clients in a way that few trainers do. Thank you, Ty, for your dedication to your clients and to His & Her Fitness. I appreciate that you are always able to lend a helping hand to me and the other trainers. Thank you, JP, for already showing that you are a hard-worker and someone that we can count on. It is clear that you are a motivated person and willing to help His & Her Fitness as a whole. You are a great addition to our team. And to the newest trainer and member of our team, Billy (who happens to be my younger brother), I am looking forward to having you at the gym to share your colorful and positive personality.

His & Her Fitness had a highly productive 2012 and I am looking forward to what 2013 will bring.



Get a Christmas treat!
(Give as a gift or save for yourself!)

**Buy one protein powder
and
receive 10% off new workout gloves**



(They're perfect stocking stuffers!)

Offer expires January 13

December 12th, 2012

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