



news



His & Her Fitness News

News From H&H

Volume 4 Issue #1 January 2012



His & Her Fitness Newsletter

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Thanks for 2011! On to 2012!

WOW! It's already 2012! His & Her Fitness now has nine team members who make it flow successfully. His & Her Fitness grew (for sure!) and we are grateful to all who helped! Our thanks go to our clients - in 2011 the successes of our clients led to the success of His & Her Fitness.



And with our growth come new exciting things for His & Her Fitness. Yes - this means we are still looking to expand our amazing team. Right now we have two new trainers on board, [TyJuan Porter](#) and [Amanda Turner](#). (Click here for links to [Amanda](#) and [Ty](#).) And our newsletter is now being assembled and edited by Jenny Lillis. In the "very exciting news" category, we have a new computer system! Clients can use it to check in for training and also track their body fat measurements. And there are more things that come with this system to help take the H&H Fitness family - both clients and trainers - to the next level of fitness and accountability. This year I also hope to bring back the His & Her Fitness customer service that I miss - with the growth of clients it hasn't been possible to give everyone a courtesy call. So we now have Pam (recently retired from Bank of Kansas City) who will check in with you to see what you have to say about the H&H Fitness team and facility, and listen to any other comments/suggestions/constructive feedback you might have.

YIKES! It's hard for me to realize that my fitness studio has seriously grown from just me and my few amazing clients into an (oh-my-goodness!) full-fledged family of fitness friends, clients and trainers. As this family grows, I want to continue to provide fitness lifestyles and careers for many throughout the KC area without sacrificing the quality of service that is the His & Her Fitness trademark. "NO EXCUSES!"

Christina Larson

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

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Optimum Nutrition

OMGOODNESS!

Optimum Nutrition was named Brand of the Year at the Bodybuilding.com Supplement Awards ceremony. ON's Gold Standard 100% Whey was named Supplement of the Year and Protein Powder of the Year for the 7th year in a row. Check them out!

www.optimumnutrition.com/news.php?article=1234



Tips for Comfort Foods

When you need a little help...

1. Contact your trainer or Christina - text, Facebook, email, phone - when you want to cheat (or already have...)
2. Ask your trainer "is there a substitute for this?"
3. Go to www.hisandherfitness.net/nutrition.html and check recipes to see if you really would like to have those extra calories.
4. Do it and just move on... Pay attention to how you feel - you may not like it.
5. Hide other family members "fun food" so you don't see it.
6. Remember - calories in, calories out. Not many have time to do two 30-minute cardio sessions. Add up the calories and see if you have the time for the compensating exercise.

Save the Date, Ladies



Fitness fun at Feng

Join Christina and friends at Feng (in Hawthorne Plaza) at a one-night event on Jan.19, 6-8pm, for a fun night of fitness and fashion.

Checkout the Chart

6 clients compete with Christina

Six clients have taken on the annual "beat Christina" challenge

His & Her Fitness Celebrates the End of the Year

2011 Christmas Party



Wow! Thanks to all that attended! The red carpet was out and you all made a good-looking group of fit, happy people. A special thank you to Keith Lang and Ben Bolan for pouring the His & Her Fitness holiday wine (vintage 2011!). And thanks to our DJ Adam for keeping the beats perfect. Team H&H - you all looked sharp, too. And most importantly, we raised \$675 for OZANAM. We couldn't have done it without our sponsors - Smoke 'n' Fire, Optimum Nutrition, and His & Her Fitness - and everyone who bought a raffle ticket.



Creative Cardio Library

Shake up your cardio and start 2012 with creativity!



Beginner
Creative Interval Cardio



Moderate
Creative Interval Cardio



Advanced
Creative Interval Cardio

Christina's Kitchen

Fried chicken the fitness way

- 2 chicken breasts
- 1 cup of oats
- 1 teaspoon chili powder
- 1 teaspoon cayenne pepper
- 3 egg whites

Pre-heat oven to 350 degrees.

and this year it's going to be tough! Some are donating to charity if they lose and some just want to beat Christina! It's all in fun, so watch the chart and check out everyone's progress.



24th Annual Trolley Run

April 29, 2012



A 5k is a great way for clients to

become friends through a shared challenge. All ages are welcome. Set your goal to walk or run, compete or stroll on April 29 and enjoy this year's Trolley Run.

www.trolleyrun.org/

Team H&H Is Competing

Your trainer is a competitor. Ask them how you can help them be a success. Your support makes a big difference. Check out their favorite workout tunes, and even see their "cheats" at www.hisandherfitness.net/our_trainers.html

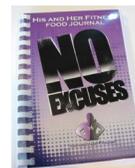
Blend (in magic bullet) - oats, chili powder, cayenne pepper.
Beat egg whites in bowl.
Coat chicken breast in egg white mixture.
Cover chicken with blended oats.
Bake for 35 min (or a little longer for extra crispy).

Serving tip: Use BBQ sauce for dipping and add green beans on the side.

You Are What You Eat

Food journal all-stars

Super kudos to these three clients! They each kept a food journal for the entire year! And as a reward (in addition to improved eating habits...), they have been given another free food journal so they can continue their excellent habits in 2012. (This unique food journal, designed by owner Christina Larson specifically for His & Her Fitness clients, also includes recipes and tips.)



The three following clients routinely kept their food journals from the day they started.

Melinda Jurczak - 40 year old mother of two and successful fitness competitor. Works part time. Married to Mark.

Mary Jo Lang - 57 years old, full-time RN and successful fitness competitor. Married to General Keith Lang.

Marshall Bigelow - Husband (married to Jackie) and father of two (one in school at KU). Works full-time, plus travels for work. Active in the community.

A personal thank you to these three for being super role models for both current and future clients. Remember - it's a progressive journey at H&H Fitness. The goal is to change and improve and NOT do the same things that you did on Day One! If so, your body may become stagnant; even worse, you might burn out.

Eight Weeks to Greatness

Paige and Emily shine!



With combined losses of 79 pounds and 55 inches, Paige and Emily are true champions and role models for us all. Their determination and commitment to healthy living has paid off with a great start to 2012 - and to the rest of their lives. And these ladies aren't done yet! They've kept on losing since their 8-week measurements were taken. Congrats to both of these beautiful and inspiring women!

See the article in the January 2012 issue of *435 South* for more details on Paige's and Emily's fabulous transformations.



Client of the Year - Mary Jo Lang



I am very excited and honored to be chosen as Client of the Year at His & Her Fitness. I have been coming to His & Her Fitness studio since the fall of 2007 and now it is almost the end of 2011. Time sure passes quickly!

Obviously I am a big fan! Through the guidance of my trainer (and the studio owner), Christina Larson, and the other trainers, I have learned to live and enjoy a very healthy lifestyle. And I feel it is my "responsibility" to help pass that on to others so they too can enjoy life and health. I, personally, have seen my cholesterol level drop and my bone density increase - not to mention sleeping better and having more energy. It's the combination of cardio, weights and nutrition that is stressed by the trainers that is a key factor. Trainers who care - checking food journals, following-up on cardio and activities outside the studio - make the difference. It is client/trainer accountability - you can't hide on measurement Monday!



And, in addition to my trainer, (who very quickly became my mentor and friend), my husband Keith has supported me throughout my journey and continues to encourage me. It's a real help to have someone you love and who loves you by your side providing ongoing motivation. Like-minded souls fuel the passion. It's also exciting for me to see my family and friends change their habits and fitness lifestyles by my example. So - if you are a client of His & Her Fitness, you already know what I am talking about; if

not - time to come in and see for yourself!!!

Trainer of the Year - Tom Finholm

I have always been a family person and I love living here with all of my extended family - from both my mother's and father's sides. I was born in Lenexa, moved to California at age 3, and happily moved back eight years later. After graduating from St. Thomas Aquinas High School, I attended the University of Kansas where I studied exercise science.

For as long as I can remember, fitness has been an interest of mine. When I entered high school, exercise became a significant part of my everyday life - and this pattern continued in college. As time went on, my interests expanded beyond exercise and lifting weights into nutrition, healthy eating, and all aspects of living a healthy lifestyle.

Because I was so intrigued with exercise and working out, I thought a job as a personal trainer would be a good fit for me. My younger brother told me about His & Her Fitness (thanks, bro!) and I got a job there! From the beginning I have enjoyed my job as a personal trainer. I have developed close relationships with my clients and I have enjoyed

helping them reach their fitness goals and live healthy lifestyles. And I also appreciate working with everyone on the great His & Her Fitness staff - Christina, Seville, Kellen, Amanda, Ty, and Salli.

I am honored to be selected as Team Member of the Year. I want to thank all of the staff members, especially Christina. Most importantly, I want to thank my clients. My clients inspire me to make the most of myself as I watch them working diligently to achieve their goals. I have had a terrific 2011 and look forward to an even better 2012.

**It Takes a Team****More thoughts from Tom...**

I get along well with the H&H Fitness staff and enjoy all of them. Our owner, Christina Larson, is always busy doing everything to keep our business successful. She is always willing to help -- not only myself and the other trainers, but also our clients (and any potential clients). Christina is also very active in the community, which includes giving to charities in the greater Kansas City area. Another staff member, Salli Johnson is our massage therapist and office manager. She does all of the paperwork and keeps the trainers in line with our billing and anything else that we might need. Salli has always been extremely kind to me and always has an encouraging word. Seville Ko, our manager of trainers, does a nice job of lending Christina a helping hand and taking on a leadership role at our gym. Kellen Brownlee is a fellow personal trainer. Every time I see Kellen he comes up to ask how I am doing. I have never seen Kellen without a positive attitude and smile on his face. This makes everyone around him happier. The newest member to our His & Her Fitness team is Amanda Turner. She has an easy going personality, gets along with everyone and is a great addition to our team. The H&H Fitness team makes His & Her Fitness a great place for both me and my clients.

**TRY SOMETHING NEW!**

**Buy one protein powder
and
get 50% off one amino energy (any flavor)**
<http://www.optimumnutrition.com/products/essential-amino-energy-p-275.html>

Offer expires February 12

January 15th, 2012

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