



news



His & Her Fitness News

News From H&H

Volume 4 Issue #2 February 2012

HIS & HER FITNESS
NO EXCUSES

His & Her Fitness Newsletter

February, 2012

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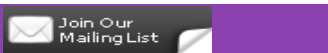
News from Christina



Referrals work for everyone!

WOW! Thank you, H&H clients! So far 2012 has been excellent! Just in January we have received 34 referrals. All came from someone knowing someone who has had success at His & Her Fitness. I am grateful to say that many of my personal clients have trained with me for 3 - 8 years, and that group alone generated 32 of those referrals. With our new computer system we are able to better track our referrals. So knowing which clients have referred someone new, I have asked a few of them why they chose His & Her Fitness. Many said the same thing - His & Her Fitness provides a lifestyle. Yes - a lifestyle that is manageable and provides the opportunity to be successful at balancing health, family, friends, and work.

It's great to hear from clients that it's not just a quick fix, it's a lifestyle. Do you know that in order to keep your weight off you must maintain it for at least 6 months? What were your weight, body fat, and inches 6 months ago? I love that we can pull your folder out and show you your success.



Red Hot Night

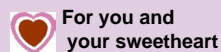
Benefit for Children's Mercy Hospital & Clinics

Join the party for Children's Mercy Hospitals on Saturday, Feb. 11. Festivities start at 5:30pm with cocktails and a silent auction. Dinner, videos, a live auction and dancing follow.

The event will be held at the Kansas City Convention Center at 1515 Wyandotte in downtown Kansas City, MO.

Your support of [Red Hot Night](#) makes you a partner in rounding out Children's Mercy's geographic circle of care by launching Children's Mercy East.

Happy Valentine's Day



Try a fruit pizza! Make in a heart shaped pan and use only straw-berries. Enjoy a healthy snack together. Give the gift of health to your valentine!

Click on the following link for this tasty recipe:

www.hisandherfitness.net/nutrition

Train with Your Sweetie

It's always better with a partner

Celebrate Valentine's Day by training with your significant other.

Enjoy this His & Her Fitness annual holiday event. Show your partner how fit you are -- and how strong her or she can be, too.

Add your partner to one of your training sessions in February or March as a Valentine's gift from Christina. Please just schedule your partner's workout in advance.



Workout partners and trainers, Kellen Brownlee and Seville Ko

Trolley Run on April 29

Fun 5k for family & friends

Join your family and friends for the

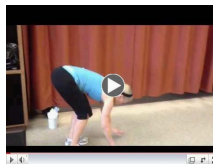
www.myoptumhealth.com

Christina Larson

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

Creative Cardio Library

Can your grandma do this? More creative ways to do your cardio!



Beginner Cardio



Moderate Cardio



Advanced Cardio

Christina's Kitchen

Mac and Cheese (Really!)

- 1 box of multi grain pasta
- 2 teaspoons olive oil
- 4 fat-free cheese slices (*Christina likes the Best Choice brand*)
- 1 cup cottage cheese
- 1 cup spinach
- Dash of pepper

1. Heat large covered saucepan of water to boiling over high heat. Add pasta and cook as directed. Drain pasta and put into a large bowl.
2. Blend cottage cheese and spinach in Magic Bullet/blender.
3. Mix pasta, cottage cheese, spinach, olive oil, and cheese.
4. Add dash of pepper as needed, and garlic if you like, as well.

LiveWell

February is American Heart Month

The February 2012 edition of [LiveWell](#) provides simple steps you can take to protect your heart. His & Her Fitness, along with Bukaty Companies, encourages you to visit this site and check out the guidelines to good heart health. Give the year a healthy start by taking care of your heart now.




Fun night at Feng



Christina, Beth Amanda and Seville with friends

Fitness and fashion meet at Feng

On January 19, about 20 ladies from His & Her Fitness helped launch new fitness line at Feng. Food, fun, fashion, fitness - what more could you ask?



Run on April 29, 2012. Whether you run or walk, it's a great time to enjoy a traditional Kansas City event and get some exercise at the same time! And the t-shirts are always cool, too! www.trolleyrun.org



Lisa and daughter



Debbie, Brenda, Jenny, Deb and Linda



Melinda, Erin, Beth, Kendra and Sarah

Team Member of the Month - Erma Jones

Wow! Team member of the month. How exciting! I am not your typical employee at His & Her Fitness - I am the one behind the scene.

For those of you who don't know, Christina is my grand-daughter. Three years ago she asked me to help her out with some of the accounting at His & Her Fitness. I looked forward to being part of her business.

I have lived in the Kansas City area most of my life. My husband Gene and I have been married for 53 years. We have three daughters - and obviously one of these daughters is Christina's mother. In 2005 I retired from Simmons Mattress Company after 41 years. When Christina asked me to help her out, I welcomed the opportunity to have something more to do.



Christina and Erma Jones

I love helping out Christina and His & Her Fitness. Not a day goes by that she doesn't tell me how much she appreciates what I do. The entire H & H group is great to be around and shows me the same appreciation. When you work with people like that - it's fun, not work.

Couples of the Month - Sarah & Vince Morris and Kendra & Greg O'Brien



Sarah and Vince Morris

We are honored to be chosen as the His & Her Fitness couples of the month! What can we say? We ROCK and it is all because of the knowledge Christina has instilled in us as couples to live a healthy, happy and energetic life with our families!

What is His & Her Fitness to us? It is like a bad marriage! (Ha!) Seriously, it is give and take - just like a marriage... and boy, do we do a lot of giving!

We give to ourselves and to each other. Training at His & Her Fitness has taught us how to nourish our bodies so we are better, faster and stronger for our spouses, children and friends. So we can be strong in that moment when our spouse wants to go to chow on Mexican (and boy, do we love Mexican), and instead choose to make a healthy Mexican dinner at home. So we can accept that nudge from our friend or spouse saying "hummmmm, did you workout today?" So we are motivated to workout on vacation - all together - eat healthy, and then have that well deserved cheat!

We give to Christina (who trains all of us most of the time) and to Tom (who jumps in from time to time) lots of squats, healthy diets, pull-ups, tire flipping (ha!) and mostly good times. No matter what we are doing, that healthy lifestyle is always knocking at our door showing us what an amazing life we truly have. And while we may call Christina bad names and tell her to "shut up," we love her for what she has taught us and driven us toward.

We give to our children as they model the healthy lifestyle we have chosen. We've watched our six- year-olds Griffin, Max and Sam lift weights and jump cones, helped Josie (the O'Briens two-year-old) jump off the bosu, seen Anna (the Morris's thirteen-year-old) take it upon herself to go on that afternoon run all on her own. We've even heard them all ask for a healthy option to go with their meal! And they know that 6 cookies is too many.



Kendra and Greg O'Brien with family

Whew! All of this giving is making us tired... but all four of us know that it is what we get back that makes all of our hard work worth it! So... yes we cheat and we deserve it and we enjoy it - but only after putting in the work! We are not training to sit on the bench, but to start in the game for the rest of our lives.

We are given every opportunity to choose ourselves and we do! ENJOY LIFE!

Thanks to His & Her Fitness - and especially to Christina. We have seen the light, and are truly blessed to have not only an amazingly fit, healthy and hot trainer in you, but also a friend for life.

CHECK OUT OUR VITAMINS!

Buy an Opti Men's multi-vitamin
and get the
Opti Women's multi-vitamin 50% off

Offer expires March 11



February 11th, 2012

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