



news



His & Her Fitness News

News From H&H

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HIS & HER FITNESS
 N O E X C U S E S

His & Her Fitness Newsletter

March, 2012

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News from Christina

Get active; stay active!

Okay, His & Her Fitness clients and friends! Did you know that only 16% of ALL Americans are active on an average day? The increase in obesity is understandable when you see how few people lead active lifestyles. Check out these charts: www.bls.gov/spotlight/2008/.

Obviously poor eating habits are another part of the obesity problem. Unfortunately the cheapest and quickest way to eat is often processed food. Some processed food can be acceptable, but know your options and choose wisely. Example: Taco Bell uses grade D meat, but it is edible, while soda pop is harsh enough to clean the corrosion off your car battery...yikes! www.nytimes.com/2008/02/05/health/nutrition/

Let us live by example -- for our friends, co-workers, and family. Let's see how many people we can help with just our actions. Send this newsletter to 10 friends, co-workers, and family members that may benefit from FREE information on a healthy lifestyle.

Christina Larson

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



Creative Cardio Library

Get movin' in March



No More Extra Pounds

10 Tips to Help You NOT Go Up a Size...

1. Don't purchase new clothes...until you lose the weight!
2. Think before you eat... think how easy it is to gain weight and how hard it is to lose it. (When in doubt, don't eat it.)
3. Do NOT skip meals.
4. Drink the proper amount of water -- relative to your lifestyle and the amount of food you take in.
5. Do NOT overtrain. It causes food cravings.
6. Eat fast digesting proteins.
7. Fiber is your friend - it helps you feel full.
8. Wear shorts and look in the mirror at both your front and back sides.
9. Squeeze your quad muscle... is it looking toned?
10. Make sure your friends, co-workers, and family know you chosen a healthy lifestyle. (It's as important to your daily routine as brushing your teeth.)

Upcoming events!

Combine fitness and fun with charity and caring

Wednesday, April 4

11th Annual Angels of The Children's Place Luncheon - at the downtown Kansas City Marriott



Since 1978 the goal of [The Children's Place](#) has been the healing of the youngest survivors of abuse, neglect and trauma. (Suzanne Williams, H&H client, is a Children's Place advocate and board member.)

Sunday, April 29

[29th Annual Trolley Run](#) - from Waldo to the Plaza



The [Sabates Eye Center's Trolley Run](#) is the largest annual event for the [Children's Center for the Visually Impaired \(CCVI\)](#) and the largest timed four-mile run in the nation.

Tues, May 8 & Friday May 11

[Resurrection Golf Classic and Auction](#) - golf at Loch Lloyd and dinner/auction at Church of the Resurrection in Leawood



Thursday, May 17

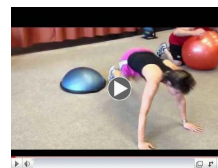
[LLS Man & Woman of the Year Finale](#) -



Beginner Cardio



Moderate Cardio



Advanced Cardio

Christina's Kitchen

Pizza! Make it the fitness way!

- 1 flat out
- 3 tsp marinara sauce
- 1/4 cup red peppers (chopped to personal taste)
- 1/4 cup sun dried tomatoes (chopped to personal taste)
- 1/4 cup finely chopped fresh spinach
- Grilled chicken - 20 grams protein
- 1 slice fat-free cheese

Preheat oven to 400 degrees.

Place flat out on a greased (with Pam spray) pizza pan.

Place toppings on flat out as desired.

Cook in oven for 15 minutes. If you like a crispy crust, just put it in the broiler.

Mr. K Award - from KC Chamber of Commerce

Small Business of the Year

The late Ewing M. Kauffman was the epitome of the successful entrepreneur. And the values he both taught and lived form the criteria for selection of [The Mr. K Award](#) - The Chamber's Small Business of the Year Award. **So kudos to Christina! His & Her Fitness will be featured as one of the candidates for this prestigious award in the special "Candidate Showcase" section of the March 20 edition of the Kansas City Star.** As with many business awards, candidates for The Chamber's Small Business Awards are judged by the growth or sustainability of their business. But they also must have strong employee relations and a record of giving back to the community. Just like Mr. K. **And just like Christina!**



Here's her corporate description: *The His & Her Fitness is a private personal training studio in the Kansas City area, founded in 2006 when owner Christina Larson began training clients for weight loss. Her clients lose an average of 15 pounds in their first month by applying a balanced lifestyle of nutrition, weights, and cardio. Good luck!*

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Leukemia & Lymphoma Society - 2012 Man & Woman of the Year



Ben Bolan with "LLS Kids," Taylor and Daniel

Ben Bolan competes for LLS Man of the Year

Congratulations to Ben Bolan, His & Her Fitness client! And to the other Leukemia & Lymphoma Society's (Mid-America Chapter) 2012 Man & Woman of the Year candidates! For ten weeks this spring, twenty-seven of Kansas City's best and brightest will compete for the title of [LLS Man & Woman of the Year](#). They raise funds for blood cancer

research in honor of local children who are blood cancer survivors, the Boy & Girl of the Year. Candidates who raise the most money by the end of the campaign will be named Man & Woman of the Year at the Grand Finale on Thursday, May 17 at Harrah's North Kansas City Hotel & Casino.

Dedicated individuals like these make it possible for LLS to fulfill their mission to cure leukemia, lymphoma, Hodgkin's disease and myeloma, and improve the quality of life of patients and their families. Congrats to all these dedicated and deserving men and women!

Look for upcoming events to support both Ben and LLS! If you'd like to donate directly, go to <https://mid.dojiggy.com/pledge/index> to support this worthy cause.

at Harrah's North Kansas City Hotel & Casino



MAN & WOMAN OF THE YEAR

The Finale will feature a complimentary dinner, drinks and auction. For more information contact Lauren Scheldrup at Lauren.Scheldrup@lls.org or (913) 262-1515.

Quote of the Month

Start now, not tomorrow. Tomorrow never comes.

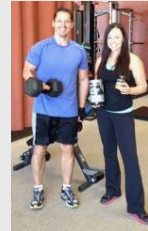
Would you compete against Christina?

A fun competition started the year



Jason Hofman

Seven clients started the year in a competition against Christina -- with each participant setting his or her own goal. This was a fun event that proved very effective. All the participants excelled, but two went beyond their goals. Jason Hofman of Bukaty Companies and Greg O'Brien, who has a seat at the board of trade, each exceeded their expectations! Jason summed it up when he said, "Can we just keep this up? I'm so motivated!" Both Jason and Greg received the perfect protein supplement for their individual goals and lifestyles. Positive feeds positive.....what do you do to get your friends and family fit, happy and healthy?



Greg O'Brien and Christina

Feel free to talk to your trainer about which protein supplement is right for you. And check out *Optimum Nutrition's new Platinum Hydrowhey* at <http://www.optimumnutrition.com/products/platinum-hydro-whey>.

Team Member of the Month

Amanda Turner

I was born and raised in Overland Park, KS. Growing up in the area, my family and friends were very active. We spent the majority of our time outside. Exercise was a priority for my parents and I am grateful this lesson was ingrained in me at a young age. They hardly spoke of it - I learned through their actions.

The importance of strength training became rather apparent when I suffered a herniated disc at the age of 18. I knew I had to educate myself or my condition would only worsen. My injury sparked a new interest in the anatomy and biomechanics of the human body. I decided to study Exercise Science at the University of Kansas.

There I led group fitness classes at the University's recreation center and ventured into independent personal training after graduation. I knew I did not want to work at another big gym, where everyone was just a number. His & Her Fitness is the perfect match! The incomparable intimacy of the studio won me over. The clients and trainers are a family... you cannot find that closeness at just any gym.



Client of the Month

Brandi Samson



I am honored to be chosen as client of the month. I know that every client at His & Her Fitness works hard and is deserving of the honor. I am an oncology-certified nurse at Research Medical Center. I enjoy my work and get inspiration from my patients. In my free time I like going for walks with my dog Roxy, working on DIY projects around the house and I am always up for a float trip in the summer.

I joined His & Her Fitness six months ago after a recommendation from Kitty Deen. I had been exercising and eating right -- or so I thought... but I just wasn't seeing the results that I was looking for. After just six months of working with Seville, I am down to 17% body fat and have lost 15 pounds. I not only look better, but I have more energy and just over all feel better! I have some more hard work to do, but by swimsuit time I should be at my goal of 12% body fat -- which Seville says will make me very LEAN!!

I may have put in a lot of hard work, but I could not have achieved any of it without my trainer and friend, Seville. Seville is inspiring to all of his clients. He is always there pushing us to our next set of goals -- never letting us settle for anything less than perfection. A big thanks to H&H and Seville for helping me reach goals that I would never have dreamed possible.



Introducing

CREATIVE CARDIO with KELLEN

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Get the **FIRST ONE FREE**

Offer expires April 14

March 10th, 2012

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