



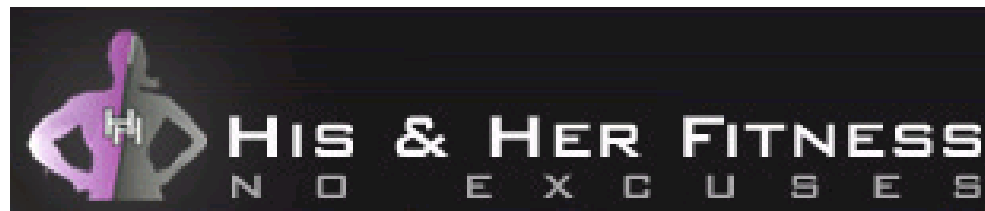
# news



## His & Her Fitness News

News From H&H

### Volume 4 Issue #4 April 2012



## His & Her Fitness Newsletter

April, 2012

Volume 4, Issue 4

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### News from Christina



#### Starting from scratch

One thing that I have taken pride in is taking a trainer that is new to the industry and mentoring them from the bottom to the top of their game. The first step is learning the fundamentals of His & Her Fitness. We are a private studio - meaning that a client's needs are between the trainers and the client. We train each person here on an individual basis. 100% of our clients come in to lose inches and feel good while doing so. And 100% of our clients have different situations, issues or even battles that make reaching their goals hard. For example - some are parents, business owners, single, or simply busy; some have family that has never been healthy, injuries from past training choices, or poor eating habits. The H&H team's

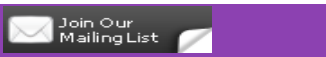
job is to pinpoint your fitness struggles and help you surmount them by educating you on how to handle your specific situation.

#### Parents

\* Schedule - You know you are centered around everyone else. Start on Sunday to look at the week and map out YOU!!  
 \* Meals - 1. Plan and prep with the family as a whole... if your kids really like hot dogs, use that as the "go to" only if they don't like your meal plan. 2. Don't take little bites of family food! 3. Make treats that are healthy - your kids won't know the difference! Check out the fruit pizza at [www.hisandherfitness.net/nutrition](http://www.hisandherfitness.net/nutrition). 4. Keep a food journal!

#### Business owners/workers

\* Lunch - Know the places where you are eating. (Ask your trainer how to eat successfully at each one.)  
 \* Late nights - Hello sleep! Sleep helps with your mental game so rest and get at it.



**In Memoriam**



**Kendra O'Brien**

Kendra O'Brien, beloved friend and client, passed away on April 5, 2012. She is survived by her husband, two young children and

many friends. Kendra brought light to the lives of all who knew her and she will be sadly missed. Christina is dedicating her next fitness show to Kendra, a kindred spirit and fellow fitness devotee.

**Spring Snack**

**Fast and fresh...**

1/4 cup fresh or thawed berries  
1 scoop of your favorite protein powder  
(Christina likes *synthia6* or *hydro whey*)

Mix together with a fork and enjoy!

**Salute to the Girl Scouts**

**100 Years!**



Christina and new Girl Scout friends

Christina was the keynote speaker as local girl scouts celebrated the 100th anniversary of Girl Scouts of USA on Friday night, April 13 in North Kansas City. The Girl Scout mission is to build girls of courage, confidence, and character, who make the world a better place. Christina's positive attitude is a great complement to the Girl Scout philosophy.



**Health Fair**

**H&H to donate time for a great cause**



His & Her Fitness will participate when Coventry Health Care holds a health fair for Medicare members on Wed. May 9, 10am - 12noon in the Overland Park Convention Center (lower level). This will be a great opportunity for the H&H team to provide fitness information and insight to Coventry's older members.

**LLS Man of the Year**

**Ben Bolan**



Ben Bolan with "LLS Kids," Taylor and Daniel

\* Stress - Cortizol levels increase with stress, so eat as clean as possible to counteract it and keep a food journal.

**Busy**

\* Eat at regular intervals - 1. Set an alarm to eat every three hours. 2. Keep a cooler or fridge on hand with your already-prepared food. 3. Chat or email at [hisandherfitness@hotmail.com](mailto:hisandherfitness@hotmail.com) for meal prep ideas specific to your needs. 4. Keep a food journal!

**Singles**

\* Meal prep is key - 1. Try to prep several meals at a time, once a week. 2. Keep creative by changing one meal a week.  
\* Find a friend and do creative cardio together.  
\* Keep a food journal.

**Family**

\* Keep your fitness outlook positive - 1. Don't say "I'm dieting;" say "I'm eating clean, would you like to try this?" 2. The less you talk about your fitness training, the more they will ask... So just say "Call my trainer. I just do what they tell me."  
\* Remember to just be you - they have to love you!

**Injuries**

\* Don't let them bring you down - be happy that you are aware of them.  
\* Ask your doctor for his/her ideas. Our job as your trainers is to listen to how you feel and find out what you need. Make sure your doctor is okay with the exercise program we have for you.  
\* Eating clean can help with muscle recovery and general healing of injuries.

**Eating habits**

\* Don't keep trigger foods around you.  
\* Find ways to make approved treats special - 1. Put some things, like almonds, in the freezer. 2. Make things that seem like a "cheat." Example, protein shake. (Go to videos on the H&H website and you can see how to make a shake taste like ice cream... <http://www.youtube.com/user/hisandherfitnessnet/videos>)

So keep me posted on what we personally can do to keep you at the top of your game while you deal with whatever things you have in your life. Happy clients are our goal. We want to know about your needs - not have you know about ours.

Let's look forward to continued success in 2012. Let's make eating clean, exercise, and creative cardio as simple as brushing our teeth. Let's change one life at a time.

**Christina Larson**

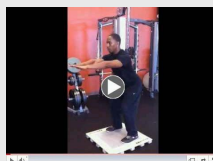
Owner / Trainer MCPT-PFI / ON and ABB Sponsored Athlete

**Creative Cardio Library**

**Try squat variations!**



Creative Cardio - Beginner



Creative Cardio - Moderate



Creative Cardio - Advanced

**Christina's Kitchen**

**Zesty Lime Tacos**

- 1 halibut - cubed
- 1 cup lime juice
- 3 tsp Mrs. Dash Fiesta Lime
- Dash of garlic powder

Ben Bolan continues his fund-raising campaign for the Lymphoma and Leukemia Society. If you wish to donate directly, go to his website at <https://mid.dojiggy.com/pledge>.

**Upcoming Events**

**Healthy giving**

Don't forget these upcoming charity and fitness events.

Sunday, April 29

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



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

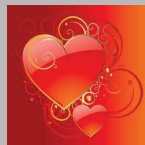
[LLS Man & Woman of the Year Finale](#) - at Harrah's North Kansas City Hotel & Casino



**Red Hot Night a Success!**

**Everyone benefits**

Guests and sponsors helped raise more than \$1,040,000 at this year's Red Hot Night Gala hosted in February by the Hands & Hearts for Children Auxiliary. Sarah and Vincent Morris, His & Her Fitness clients, served on the board that helped make this benefit successful - and fun! (Christina enjoyed meeting Trent Green!) Proceeds



from this year's event benefit Children's Mercy East, which is scheduled to open later in 2012. The new facility will offer urgent care, select outpatient clinics, and laboratory services.



3/4 cup Roma tomatoes - chopped  
1/2 cup onion - diced  
1/2 cup cilantro - diced  
Rice cakes  
Hot sauce -- your favorite!

Combine fish, lime juice and dash. Make sure the fish is fully submerged in the lime juice. Cover and leave in the refrigerator for 8 hours, stirring occasionally. Add tomatoes, onion, cilantro and garlic powder. Marinate in additional ingredients for 30 minutes. Serve with rice cakes of your choice. Add hot sauce to taste. Serves two.

Make sure the fish is cleaned and stored properly. The lime juice will cook the fish!

**Feng Fashion Board Features Fitness Friends**

**Fun and fashion at Feng**



Beth Zollers, Feng owner



Melinda, Christina and Suzanne model their fashion show outfits.

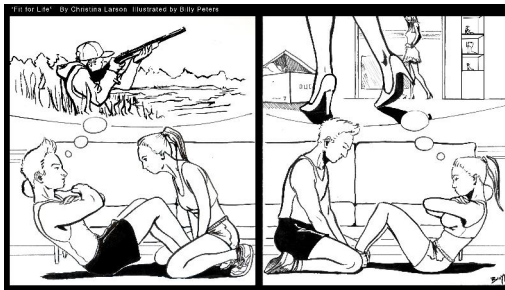
Christina and His & Her Fitness clients participated in a luncheon and fashion show

sponsored by the Feng Style Board on Thursday, April 12. Christina, Melinda and Suzanne all modeled fun Feng fashions! Beth Zollers, Feng owner, arranged the personal fashion show. She provided the latest fashion tips and asked clients for their "likes" and input. And she served a healthy lunch!



Suzanne, Christina and Melinda at lunch

**Something Fun!**



**Fit for Life**

His & Her Fitness reveals its first comic strip! Enjoy!  
Illustration by Billy Peters

**A Warrior Among Us!**



**Ford Warrior in Pink: Tina Herold**

Tina Herold - mother and wife, Overland Park resident, founder of Wiggled Out, and His & Her Fitness client - has been chosen as one of only eleven people in the U.S. to serve as a Ford Warrior in Pink Model of Courage. Tina is a five year breast cancer survivor, and says she is "very honored, flattered, and excited!" Congratulations to Tina on this fabulous honor and on her commitment to helping other breast cancer survivors.

The Ford Models of Courage come from different cities and different cultures. Their ages span five decades. Many are married and some are single. They are established in their careers, just starting out, starting over or retired. But these nine women and two men have something important in common: They are all breast cancer survivors. They all have been chosen to become the Warriors in Pink Models of Courage. And they all are helping others who have been diagnosed with the disease.

The Warriors in Pink Models of Courage will begin their journey in Los Angeles, where they will meet, share meals, share stories

and model the 2012 Warriors in Pink wear and gear, a line created solely to support breast cancer fundraising. As the year unfolds, the Models of Courage will help give hope to others fighting the disease by hosting events in their hometowns, spreading the word about their own outreach efforts and more.

#### Client of the Month

##### Susan Ayers

Hi, my name is Susan Ayers and I have been working out at His & Her Fitness for a little over three years now. I love the positive energy that greets people when they walk through the H&H door. I love the diversity of client ages - one hour you might see clients who are retired and then see high schoolers in the next time slot. I love the stories of health improvements - people that had osteoporosis or injured backs or knees before and now are "free" from those painful effects. And most of all I love the success of Christina's weight loss programs. The most uplifting thing to me is hearing the positive effects of major weight loss. I think Christina's "8 Weeks to Greatness" program is so cool. And to know that most of the recipients have changed their lifestyles - continuing to work out, eat clean and exercise - and continuing to lose weight, motivates me.



Susan and sons

Three years ago, I started working out twice a week at His & Her Fitness. But I believe that anybody can train for a couple of hours a week. In my opinion, the difference between H&H and other gyms is that H&H teaches people how to eat for the rest of their lives AND trains most people only 2 hours a week. Because of H&H, I lost 20 pounds and my husband lost 30. But it doesn't end there. Also because of the teaching/training of H&H, my family (parents, sisters and spouses) lost over 400 pounds. And the coolest thing is that I didn't even realize the effect that my life had on my family. It was my mother who pointed out the total weight loss and added health benefits for the whole family. Pretty cool, huh?

#### Team Member of the Month

##### Jenny Lillis



Jenny and grand-daughter

I am honored and surprised to be Team Member of the Month! I have been a client of Christina's since she first started His & Her Fitness in December, 2006. Since then I have been the lucky recipient of her fitness and nutrition expertise. Early in our relationship I offered to return the favor and give her the benefit of my expertise by helping with the His & Her Fitness newsletter whenever she needed me. Last October she asked me to take on that job. Since then I've had fun creating a new look for the newsletter, and hopefully presenting a consistent, professional image for His & Her Fitness. Christina is so good at helping clients with their nutrition and fitness needs that I wanted her communication to reflect that expertise and professionalism. Getting to better know the other team members and clients has just been a bonus!

#### FOR THOSE TOO BUSY TO EAT!

Buy **ONE**  
ready-to-drink  
**Pure Pro Shake**  
and get  
**ONE**  
half off!

*Because sometimes you're just so busy that food is hard to swallow...*

Offer expires May 15

April 15th, 2012

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