



news



His & Her Fitness News

News From H&H

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His & Her Fitness Newsletter

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News from Christina

Overexercise? Overeat?

You all know that I'm all about the correct exercise program and the correct nutrition for your individual goals. In an article in *The New York Times* Gretchen Reynolds looks into the continuing debate on how exercise influences eating habits. She sites two research studies that come to different conclusions. Here are excerpts from her April 16 article:



In the first study, " *Responsiveness to food cues was significantly reduced after exercise,*" says Todd A. Hagobian, a professor of kinesiology at California Polytechnic who oversaw the [study, published last month in *The Journal of Applied Physiology.*](#)

"*Those results may not be typical, though. The Cal-Poly subjects uniformly were in their 20s, normal weight and fit enough to ride a bike strenuously for an hour. Many of us are not.*"

"*And as another provocative new study of brain activity after exercise found, some overweight, sedentary people respond to exercise by revving their food-reward systems, not dampening them.*"

"*What all of this suggests, Dr. Hagobian of Cal-Poly says, is that 'exercise has a definite impact on food reward regions. But that impact may depend' on who you are and what kind of exercise you do.*"

"*But Dr. Hagobian is optimistic that research might help almost everyone to better deploy exercise against appetite control. 'There may be doses or types of exercise that are more effective for some people than for others.' Eventually, brain research may help to point people to the exercise program best suited to them.*

In the meantime, he says, don't take to the couch, even if exercise makes you

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Pacific Institute

Best Practices and Great Ideas



Ty Juan Porter and Diane Tice

Ty Juan Porter attended the Pacific Institute's 9th Annual Best Practices and Great Ideas Conference held April 25-26 here in Kansas City. Founded by educators Lou and Diane Tice, the [Pacific Institute](#) has long had the vision that the education it assembled would be beneficial to people all over the world. Lou Tice's "no limits" philosophy brought him students from all over the globe before he passed away earlier this year.

"We all have the freedom to choose. We always have. Choose to make a positive difference every day." - Lou Tice

Add a Side Salad



Fresh and fabulous!

1 cup spinach - chopped
 1/2 cup romaine lettuce
 2 tsp feta or blue cheese
 5 cherry tomatoes
 2 tsp lite vinaigrette
 Toss it up and serve!

Super Foods



Check out these treats

Try these super foods to help boost your metabolism and burn more fat!

- Black Beans
- Avocados
- Brown Rice
- Grapefruit
- Green Tea
- Red Wine
- Salmon
- Blueberries
- Potatoes
- Goat Cheese
- Broccoli
- Pine Nuts
- Garbanzo Beans
- Oats
- Bananas

From "A Healthier You" monthly news-letter from BlueCrossBlueShield of KC

Congrats to Our Client!

Feng launches new website

ravenous. 'Being fit can have psychological effects,' he says, perhaps increasing your desire to consume a better diet and, in the long term, shed pounds."

And my advice continues to be to commit to your exercise, creative cardio and nutrition program. Remember, in the end, it's calories in and calories out. Just make sure that they're good calories!

Christina Larson

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

Click here for the complete article by Gretchen Reynolds, ["Well: Does Exercise Make You Overeat?"](#)

Creative Cardio Library

Shake up your cardio routine!



Creative Cardio - Beginner



Creative Cardio - Moderate



Creative Cardio - Advanced

Christina's Kitchen

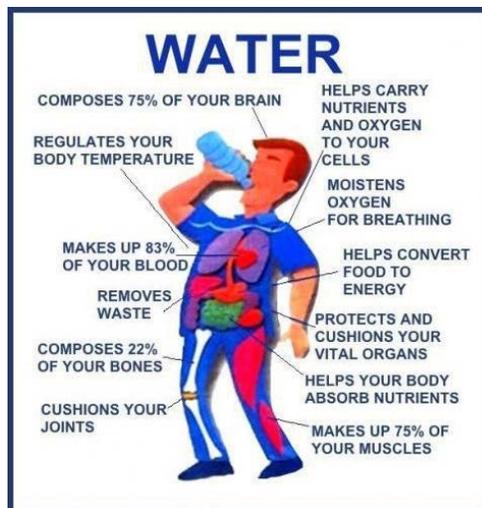
Fresh from the sea



Mahi mahi
 Lime juice
 Mrs. Dash Zesty Garlic Herb
 Grill - 7 minutes per side

For a side dish...
 Sauté - 1 cup sliced zucchini, lemon juice and pepper

Water is Important!



Source: <http://www.funrock.com/funblog/2010/08/too-much-water-drinking-is-not-good-check-out-how-to-drink-water/>

Now you can stay connected to the feng world 24x7! Check out feng fashion, jewelry, home, fengfit and more.



www.fengkc.com

Fun Summer Events

Combine fitness and charity

Join Ben Bolan as his LLS Man of the Year Campaign ends with a celebratory dinner on Thursday, May 17 at Harrah's North Kansas City Hotel & Casino. Join the [LLS Man & Woman of the Year Finale](#).



MAN & WOMAN OF THE YEAR

If you can't make it to

the dinner, it's not too late to make a donation to Ben's campaign at <https://mid.dojiggy.com/pledge>.

Run or volunteer in the 39th annual Hospital Hill Run on Sat, June 2, 2012. Three races -



half marathon, 10k and 5k - all start and end in front of Crown Center. Be ready for the hill!

www.hospitalhillrun.com

Technology and Health

Measure your activities

Being active is definitely healthier than sitting still! And now an article in the Technology Quarterly Edition Q1 2012 of *The Economist*, (March 3 from the print edition), discusses the additional benefits of tracking those activities. The article is entitled "Technology and health: Measuring your everyday activities can help improve your quality of life, according to aficionados of 'self-tracking.'"



While most people don't keep track of their daily activities, some do. The article states "They are an eclectic mix of early adopters, fitness freaks, technology evangelists, personal-development junkies, hackers and patients suffering from a wide variety of health problems. What they share is a belief that gathering and analysing data about their everyday activities can help them improve their lives-an approach known as "self-tracking", "body hacking" or "self-quantifying"."

Intrigued? Check out the complete article. www.economist.com.

Blood Drive at UMC Church of the Resurrection

Every 2 seconds, someone needs blood!

Monday, May 14 (2:00pm - 8:00pm)
United Methodist Church of the Resurrection - West Campus
24000 West Valley Parkway, Olathe

Monday, May 21 & Tuesday, May 22, 2012 (8:00am - 8:00pm)
United Methodist Church of the Resurrection - Leawood Campus
13720 Roe, Leawood



Fit for Life



Illustration by Billy Peters

His & Her Fitness Friends

Out and about



Christina, Kim, Shea, and Nan enjoyed the fashion show at the Kaufman Center for the Performing Arts to benefit Truman Medical Center. Feng was a contributor to this great event.



Sarah and Christina at the Williams-Sonoma bridal event.



Clarissa, Nick Scott and Christina guest-posed at the NPC show in Tulsa on May 5.

Warrior Dash

A wild race

On May 5 and 6, Kellen Brownlee participated in Kansas City's Warrior Dash. Racers must conquer a variety of obstacles, as they scale walls, crawl through mud and jump over fire (among other things) to complete the grueling, and sometimes dangerous, 3.5 mile



race. Proceeds go to St. Jude Children's Research Hospital.
 What a challenge! Congrats to Kellen!



The race is so dirty that participants throw away their shoes at the end of the race and never see them again!

Client of the Month

Paige White

My name is Paige White and I have been working out with Christina at His and Her Fitness since October. I originally started there in the "8 Weeks to Greatness" program. I was blessed to be picked as a participant, and I didn't want to disappoint Christina. I have always struggled with my weight and have fluctuated up and down over the years. I played college athletics and have always considered myself an athlete, but I am also a stress eater and over the years I had packed on the pounds.

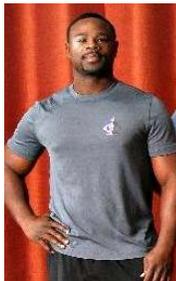
I am a mother of two and keep very busy, not only with my own career, but also with my husband's business. My true struggle with my weight began a little over three years ago when I lost my mom - and then 7 months later lost my dad. As if that wasn't bad enough, a year and a half ago, my daughter was in the hospital for 5 weeks when she was diagnosed with Crohn's disease. Can you say STRESS? I put on so much weight - but to be honest, I didn't really care at the time. I was more concerned with helping myself cope with the pain and stress. However eventually I had to be honest with myself and recognize the situation. How could I possibly take care of my family and my daughter if I, myself, was so unhealthy? I had to make a change. The "8 Weeks to Greatness" opportunity was just the open door I was looking for. During the program I lost a total of 37lbs, which was fantastic, but it was only the beginning of where I wanted and needed to go.

Christina has helped me transform not just my body, but also my mind and the way I think about food and my overall health. She has created a food program for me and has me weight training with her two days a week, in addition to doing 30 minutes of cardio per day. She has helped me recognize the athlete in me again and I couldn't be happier! I am down a total of 70lbs now, but still want to lose another 13lbs to reach my goal weight. I look forward to having Christina push me to reach my goals, and feel blessed to be a part of the His & Her Fitness family.



Team Member of the Month

Ty Juan Porter



I'm very thankful for being selected Team Member of the Month. I've now been involved with fitness since 1995 - for 17 years.

I was a chubby youngster, but training for football and sports changed my looks and ways. Even though a couple of surgeries sidelined my football career, I knew I wanted to stay close to training, athletics and fitness. My first thought was to be a physical therapist, but then I found personal training. It's been a long road trying to get certified for the last ten years. Financial stress and family hardship kept me from completing my certification sooner. Now that I am finally certified, it makes receiving this recognition so sweet. And I would especially like to thank Debbie Hardy for referring me to His & Her Fitness.

As encouragement to clients, let me share that I fell off the band wagon of fitness and consequently gained weight. When I got back into the fitness routine, along with going to school and working to get certified, I dropped 30pounds of fat. My advice based on personal experience - keep your head up and STAY FOCUSED.



Get help with muscle recovery!

**Buy one ON Protein Powder
and get
50% off on one ON Glutamine Powder**

Offer expires June 11

May 11th, 2012

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