



news



His & Her Fitness News

News From H&H

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His & Her Fitness Newsletter

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News from Christina

Everyone is unique; everyone's fitness needs are also unique

Ok! I'm trying to get the word out. Please help me in this journey. When you come to His & Her Fitness, I hope that each person feels like a unique individual. No two people can be trained in the same way. Nutrition, toning and creative cardio -- goals and plans in each of these areas are different for everyone.

Here are a few key questions to help assess your daily fitness condition: "How did you feel when you woke up? Is it the same each day? How many hours of 'regularly scheduled sleep' did you get? Did you eat out or eat clean? Did you skip a meal or have some liquid carbs?" I will have been a trainer for ten years in August and these questions run through my mind with every person I train. If a person is running on "no gas" (meaning no starchy carbs), then their mind is not going to be as sharp. If a person is dehydrated, then hello! their mind will not be as sharp either and they will store more fat. If a client is low on sleep, they also are not balanced. So my mission is to pass on this information - this information that seems so intuitive to me - to my clients. The OLD SCHOOL way of working out is group exercise, run forever, and step class. This is what I like to call the "push, push harder, push even harder, and OOPS I think I pulled something" style of working out. To this I say, NO NO NO NO NO! Train at your own level and your own mental condition. Please talk with your trainer on their program design for you. And make sure you are part of the discussion. NO ONE PERSON IS THE SAME. Enjoy working as hard as you should. And enjoy the good results you'll get.

*Christina Larson*

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



Vote for His & Her Fitness

It's not too late to vote for His & Her Fitness as the "best health club" in *Ingram's* contest to recognize the best local businesses. You'll need an official ballot -- and that means the page in the May 2012 issue. (NO copies. NO faxes. NO emails.) So if you have a copy of the May, 2012 Ingram's Magazine, tear out the official ballot and vote for His & Her Fitness as the best health club in Kansas City.

Upcoming 5k Events

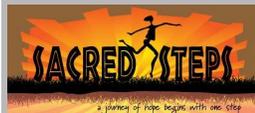
Fun, family races



The Color Run is a one of a kind experience that is less about speed and more about enjoying a color crazy day with your friends and family. Runners and walkers of all levels will enjoy the event. And you can participate alone or in a team. This year's race is set for Saturday, June 30 and Sunday, July 1 at Arrowhead Stadium. Registration is already underway so make your plans for this unique race soon. <http://thecolorrun.com/about/>

Sacred Steps 5k

The 7th Annual Sacred Steps 5k Run/Walk is set for Saturday, September 22nd at 8am. Registration is now open at www.cor.org/sacredsteps. The fee is \$25 if you register before Sept. 19.



Proceeds from the event will provide medical support in Africa, by helping to purchase HIV/AIDS testing supplies and treatment, blood bags that will provide life-saving transfusions for malaria victims, and other much-needed equipment.

Creative Cardio Library

Make your cardio workout a family affair!



Creative Cardio - Beginner



Creative Cardio - Moderate



Creative Cardio - Advanced

Christina's Kitchen

Chocolate lovers' breakfast



Start your day with a pancake smile

4 egg whites
 Splash of water
 1/4 cup of Bob's Red Mill oat bran
 Dash of cinnamon

Mix in a bowl and let stand to soften.

Cook in small pan with coconut oil spray. (It's supposed to flatten abs!)

Let the edges brown and then make a smiley face with dark chocolate chips before you flip! (*Christina recommends Ghiradelli chocolate.*)

Enjoy your happy pancake!

Calories vs. Cardio

You make the choice...

It takes approximately 20 steps to burn off 1 calorie.



A regular Snickers® bar contains 280 calories and will require 5,600 steps to walk it off. How long will this take? Walking at a moderate pace, it takes approximately 8 minutes and 40 seconds to go 1,000 steps. Therefore, it will take you almost 49 minutes to "walk" off a Snickers® bar! You choose!

Source: May issue of "A Healthier You" monthly newsletter from BlueCrossBlueShield of KC

Surprisingly Processed Foods

Consider other options

One of the mantras of His & Her Fitness is to "eat clean" and choose the least processed foods available to fuel your body. If you think you're eating clean but you're not seeing the results you want, check the following list Edwina Clark compiled in her March 13, 2012 article for *Core*



Performance, "10 Surprisingly Processed Foods." As Christina has discussed and Edwina points out, some brands of so-called healthy foods, like yogurt, tofu, and veggie burgers, are loaded with sugar, additives, and other preservatives. These foods can create problems in your clean diet. Here's the list of foods to watch out for and recommendations on what to eat instead. (For the full article see <http://www.coreperformance.com/daily/nutrition>.)

1. **Yogurt.** Healthier Choice: Go Greek! Greek yogurt has three times as much protein, nearly as much calcium, and less sodium than traditional yogurt. Try Chobani or FAGE.
2. **Veggie burgers.** Healthier Choice: Try a grilled veggie sandwich using fresh veggies on whole wheat bread. Dr. Praeger's All Natural Veggie Burgers are less processed compared to other brands.
3. **Multigrain bread.** Healthier Choice: Look for bread with 100 percent whole wheat on the label and whole wheat flour listed as the first ingredient on the nutrition panel.
4. **Tofu.** Healthier Choice: Shop for unprocessed forms of soy like tempeh, soybeans (edamame), or soy nuts.
5. **Granola bars.** Healthier Choice: Look for a bar with more than 3 g of fiber, more than 4 g of protein, and less than 10 g of sugar per serving. Kashi is a great option.
6. **Trail mix.** Healthier Choice: Create your own trail mix at home by mixing unsalted peanuts with unsweetened dried fruit and whole grain cereal. (Multigrain Cheerios are a good choice).
7. **Commercially-prepared soup.** Healthier Choice: If you want a canned soup, choose one labeled reduced-sodium such as Amy's Organic soups. Add fresh or frozen veggies to increase the nutritional value. Or whip up your own healthy soup at home.
8. **"Healthy" frozen meals.** Healthier Choice: Make home-cooked meals on the weekend, break them into portion-controlled servings, and pop them in the freezer. Keep staples like chicken breasts, peanut butter, eggs, frozen veggies, and whole wheat pasta and rice on hand for quick meals.
9. **Lunch meat.** Healthier Choice: Bake, broil, or grill turkey, chicken, or beef in big batches and freeze it for later.
10. **Banana chips.** Healthier Choice: Chop up and freeze bananas for a healthier banana-based treat.

Client of the Month

Rhonda McGuff



My name is Rhonda McGuff and I'm blessed that I began my journey at His & Her Fitness at the end of January. I was finally motivated to take the first steps of changing my life after I saw pictures of myself last Christmas. I didn't recognize the person in those pictures and could not believe who I had become. For the previous six years I had struggled with my weight after the loss of my husband in April, 2006. I became the single mother of a 13-year old boy and my main priority at the time shifted from my personal health to providing a stable home for my son. Then in November, 2007 I began working again for the first time in 14 years. And to complicate my health situation, my knees had been deteriorating for a number of years due to my prior days of cheerleading, dance, and gymnastics. The pain had gotten to the point where on certain days I had to use crutches to be able to walk. In March, 2009 I had a total knee replacement on my left knee. But I still could not bring myself to diet or exercise regularly and began packing on the pounds. And the sedentary nature of my lifestyle at work and home had started to take its toll. A coworker of mine, who had met Christina at a competition, suggested that I give her a call. I got over my fear of change, took his advice, and called her. I met with Christina and we did an evaluation of my current health. Christina assured me that change was possible, if I was willing to take that first step. She paired me with my trainer Amanda and thus the journey began.

Amanda has been an amazing trainer who developed both an eating plan and an exercise program for my physical obstacles (an old shoulder injury, one replaced knee, and another soon to be replaced). She finds ways to change things up and get me back on track when I hit plateaus. Amanda is not merely a trainer in my eyes -- she is a friend and a confidant.

When I walk into the studio everyone is so welcoming. I do not feel intimidated, but instead encouraged. When this mid-50 year-old did REAL pushups for the first time, clients and trainers applauded me. WOW! I look forward to my workout evenings with the other clients and trainers that make this journey so rewarding and so fun. The challenges that I face in the studio have allowed for me to experience a changed mindset. I no longer think that "I can't." I finally can.

Friends, family, and coworkers are noticing the changes in me. Not only am I physically looking better, but I act and feel younger as well. Thanks, His & Her Fitness!

Team Member of the Month

Tom Finholm



I have been a trainer at His & Her Fitness for a year and a half now. I have really enjoyed being a part of the His & Her Fitness team. I have also really enjoyed being a part of my clients' lives and trying to lead them into the right direction of a healthy lifestyle. I like being there for my clients in all fitness areas -- diet advice, cardio, weights and work-outs. I take pride in helping my clients achieve their goals and keeping them motivated. Being a part of His & Her Fitness has been great for me and I look forward to the future.

Introducing a NEW massage therapist!

Amber Rodriguez has joined the
His & Her Fitness team
as
massage therapist.

To celebrate her new job,
massages will be half price
through the end of June.
(Regular price = \$70 per massage.)

Enjoy. Relax. Save.

June 11th, 2012

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