



news



His & Her Fitness News

News From H&H

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His & Her Fitness Newsletter

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Christina's Corner

We have to take care of ourselves



Christina and her dad

I want to share **my testimonial** so that you will not feel alone if this ever happens to you. The last 12 months of my life were crazy - my business was at a point of all-time amazing; personally I had finally reached a high level in competing; I was a sponsored athlete for a large, nationally-recognized company, the official trainer for the national guard, a fitness spokesperson for many elite groups in Kansas city; His & Her Fitness was nominated as one of the top 10 businesses of Kansas City; and I also had great family and friends. It was really more than I could take on. Then a few things happened that could have made everything disappear overnight...but NO EXCUSES. I took charge and without the support of those very close to me, I could have hit rock bottom. POSITIVE FEEDS POSITIVE PEOPLE... the negative things can always take over and let us lose sight of the things most valuable to us. To me it is my health and having a balanced lifestyle. I am an "actions speak louder than words" person. My practice of working out at 3am is a piece of my balance, along with creative cardio, and clean eating. When I don't keep that routine, I feel like something is missing. Well... last year while I kept eating clean, I might have had a double serving of almonds or eaten an hour before time, which often led to me having an extra meal per day. This is not good, people! FOOD JOURNALING is really the only way to watch what you eat. Now I am too busy to journal so my journaling becomes food prep... I only make what I can eat in a week. So I have to stay on a routine of Thursday, Friday, Saturday or Sunday PREPPING my food. That works for me -- DO WHAT WORKS FOR YOU.

Meal Planning - Go to events with a plan. You MUST HAVE protein, fiber and starch in each meal. If you have too much of any of these, then you just have to know that you will be fatigued, hungry, bloated and/or gain weight the next two days!!! SO GET BACK ON IT. Ask your trainer what to do.

Edible Sunscreen?



This tip from the June, 2012 issue of *InStyle* magazine gives chocolate lovers another reason to indulge. Dark chocolate is "full of flavonols, anti-oxidants that not only improve skin texture but offer strong resistance to UV rays," says Miami dermatologist Leslie Baumann. So feel free to nibble on 1-1/2 ounces a day. Hooray!

Summer Charity Fun

Fun events; great causes

4th Annual Serve for the Cause Co-Ed Charity Volleyball Tournament.

The tournament will take place on Saturday, July 21, 2012 at Volleyball Beach in Martin City, MO. A silent auction will also be part of the fun. The tournament and auction benefit Camp Quality of Greater Kansas City.



This is a non-profit organization that provides free camping experiences and year-round support programs for children with cancer and their families.

www.serveforthecause.org

6th Annual FORE the Place Golf Tournament

This shotgun golf event is scheduled for August 24, 2012 at Deer Creek Golf Club. Great prizes and give-aways add to the fun of this tournament. All proceeds from the tournament will go directly to support the programs and services of The Children's Place. The Children's Place is a non-profit organization committed to meeting the developmental and mental health needs of the very youngest survivors of abuse, neglect and other trauma.

www.childrensplacekc.org



7th Annual Sacred Steps 5k Run/Walk

This family run/walk is set for Saturday, September 22nd at 8am. It's a great event for the whole family. You can register online at

www.cor.org/sacredsteps.



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.

Christina Competes

Back to what she loves

Example -- have the wine, but don't have the pasta; eat the shrimp, but skip the steak. To help control your snacks, put snack foods up high in your cabinets or prep them in baggies. Example -- I only have 10 almonds a day, so I "baggie up" 10 almonds/bag for seven days.

Water - Hello, people... track it. Enjoy it! (We have H&H water bottles to help you.) You only have to have 5 in a day. We can all count to 5. (I hope!!) When you use a bottle that's too small, it's easy to lose track of how much you've had. But tracking five bottles is easy. Remember -- DEHYDRATION while working out could lead to muscle, joint and/or ligament damage, extra tears and just plain pain.

Creative Cardio - It keeps your body actually burning FAT, NOT MUSCLE. If you do too much cardio, your body eats your muscle (instead of burning fat) and you get food cravings. We will naturally go for sugar - a bad choice. So STOP OVER DOING IT-- it does NOT help.

Progressive weights - When you travel or don't sleep enough (or well), you're not on a BALANCED schedule. You should NOT lift heavy weights when you're not at your best. We all need progressive training. When you do have balance, enjoy a harder workout.

When I was going through stress, my cortisol levels were higher, my sleep was not good, and I was craving food... So please learn from my mistakes. You should always feel good, even when you have life stress, if you just listen to your body. Don't think... "well, I am getting older or I have been stressed." Think... "this is an even more important time to take care of myself so I can get through this still feeling like myself." And the best thing I can ever do is just stop, take a breath, and decide -- what is the direction I choose to take? I take the fit, happy, healthy, and no excuses route every time.

Christina Larson

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

Creative Cardio Library

Intensify your squats and jumps - add a ball!



Beginning Cardio



Moderate Cardio



Advanced Cardio

Christina's Kitchen



Berry dessert crepes

(A favorite for family and friends from the *Eating for Life* cookbook by Bill Phillips)

1/4 cup egg substitute

- 1/4 cup skim milk
 - 1/3 cup whole-wheat flour
 - 1/2 tsp. sugar substitute
 - 6 oz. light, fat-free raspberry yogurt
 - 3 tbsp. vanilla protein powder (whey or soy)
 - 1 cup fresh berries of your choice
- (Serves two.)



Christina

Larson is a competitor. Whatever the event, she gives it her best effort -- a fitness show, a 5k and, of course, training her clients.

But last year she became frustrated when she followed

the advice of her coaches and mentors, and entered fitness show events that she felt weren't right for her. This year she is happily following her

own instincts. In her comeback to figure competition, she recently placed 6th in her group at the 2012 NPC Junior Nationals. Her advice?

Whatever your goal, follow your heart and do what you love. Nobody knows you better than you know yourself.



Whisk together egg substitute, milk, flour and sugar substitute until well-blended.

Lightly coat a small, non-stick skillet with butter-flavored cooking spray and place over medium heat.

Pour half of the crepe batter into the heated skillet, then quickly lift and tilt the skillet to spread the batter. Return to heat. When the edges of the crepe are dry, carefully flip it over and cook until lightly browned. (About 2 minutes.) Repeat for second crepe.

Combine yogurt and protein powder, mixing well. Divide filling into two portions and spoon into crepes. Top each with berries.

Fold the crepe over the filling. Serve and enjoy!

Good Skin Is Another Part of Good Health

Healthy skin -- another benefit of healthy eating

Studies show that what we eat can have an impact on our skin.

(*Didn't we learn this as teenagers?*) Although research is limited, it seems that antioxidant-rich foods have a protective effect for the skin. On the downside unfortunately, some research also

suggests that a diet high in processed or refined carbohydrates and unhealthy fats promotes skin aging. Instead of trying to pick specific foods for better skin, Mayo clinic dermatologist, Dr. Lawrence E. Gibson, suggests concentrating on a healthy diet in general. Good skin will follow as a natural result! For a list of the foods Dr. Lawrence recommends to promote healthy skin, read his discussion at <http://www.mayoclinic.com/health/healthy-skin>.



We Love Our Dads!



Just a reminder to all the His & Her Fitness dads... you should all have received a His & Her Fitness golf towel to celebrate Father's Day. If you didn't get one, please see your trainer.

Top 4 Gym Mistakes



Just one injury can sideline you for a long time

According to ABC News Medical Consultant Dr. Raj, CEO of Beverly Hills Orthopedic Institute, it just takes one injury to stop you from working out for a long time. Luckily the most common mistakes can be easily fixed. In the January 28, 2012 online issue of *Men'sHealth News*, he discusses the four most common problems and how to remedy them.

Check out these top four workout errors to make sure you stay injury-free.

1. Not warming up enough. The fix: Use dynamic stretching to prep your muscles for activity by going through a functional range.
2. Squats make your knees hurt. The fix: Squat against a wall to maintain your form.
3. Putting your back at risk by standing wrong. The fix: Stand in a staggered stance.
4. Running downhill wrong. The fix: Don't sprint downhill.

Go to www.menshealth.com/gym-injury-mistakes for the entire article and discussion.

Not All Calories Are Created Equal

Interesting results from a new study

As reported by Jennifer Corbett Dooren in *The Wall Street Journal*, June 26, 2012: "A diet based on healthy carbohydrates -- rather than a low-fat or low-carbohydrate diet -- offers the best chance of keeping weight off without bringing unwanted side effects, a study published Tuesday in the *Journal of the American Medical Association* suggests."

"The study was led by researchers at the New Balance Foundation Obesity Prevention Center at Boston Children's Hospital and funded by the National Institutes of Health and the New Balance Foundation, which is affiliated with the athletic-shoe maker. It was designed to assess how each of three common diets affects the ability to keep weight off. Participants had all of their food prepared for them, and their food intake was monitored."

"David Ludwig, one of the study's authors and the director of the center, explained that most people struggle to keep weight off. Previous studies have shown that weight loss reduces the body's daily energy expenditure -- or how many calories the body burns through activity and just by resting -- making it easy to regain weight. Dr. Ludwig's study was designed to look at the impact of the three diets on measures of energy expenditure, in addition to assessing hormones, fat levels in the blood and other health markers." For the full story, go to www.online.wsj.com.



Client of the Month

Melinda Jurczak

My name is Melinda Jurczak and I've been going to His & Her Fitness for more than 2-1/2 years. Surprisingly, the reason I started going there is not the reason I ended up staying. A good friend of

mine trained there and recommended that I meet Christina and consider getting into figure competition. After meeting Christina, I knew it was the place for me. I'd trained in larger gyms, but never had a really great experience or results. I started working out at His & Her Fitness, showing Christina my food journal and slowing changing the things that needed changing. I could see the differences within the first several months. I'm now accountable for my nutrition, as well as my workouts. And I've been able to help my family in the process -- for example, my boys now ask if things are healthy before getting a snack. We've all learned about the "right nutrition" and found better ways to work out. To top everything off, the atmosphere at His & Her Fitness is inviting, warm and positive. It really is the "H&H family." And that's why I've stayed.

A final note... I did get into competition with Christina and I've enjoyed every minute of those times and all the people I've met. I will not compete forever, but I will work out and eat right forever. And that's what I've learned, and continue to learn, at His & Her Fitness.



Melinda and husband, Mark

Team Member of the Month

Kellen Brownlee



I'm honored to be the His & Her Fitness Team Member of the Month for July! Things have been going great for the last few months, and I'm looking forward to more good work in the months to come. I love to motivate and encourage people. The most joy I get from training is to watch someone's progression in all parts of their training program - weights and cardio, improvements in overall health, changes in eating habits, and efforts to live a healthy lifestyle. I've been working with all my clients to start eating clean, use creative cardio, and maintain a regular schedule - and it's been fun to see their successes. When I'm not at His & Her Fitness, I enjoy coaching youth sports and playing with my son.

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