



news



His & Her Fitness News

News From H&H

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His & Her Fitness Newsletter

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Christina's Corner



Be a fitness leader!

Why has society made it socially acceptable to over-indulge in a social setting? Why has society made it weird to workout 2-3x a week? And why has society made it okay to skip cardio exercise (creative or not) when we should all include multiple cardio workouts in our weekly fitness routine? So I'm on a mission to touch as many lives as possible with the gift of "fitness help."

Eating "clean" is not easy, or everyone would do it... NOT TRUE! It's easy - it just requires a meal plan. Those of you who have attended a His & Her Fitness party, know the food is always clean. I personally make everything (and sometimes clients and friends of H&H chip in, as well). Everything from the dips to the desserts is clean and

lean. Over the last five weeks a group of clients and I shared clean food, making one new recipe each week from either the *Eating for Life* cookbook by Bill Phillips (which you can buy at H&H) or from the list of nutritious recipes at the H&H website, www.hisandherfitness.net/nutrition.html. I actually learned a few new tricks, and it was a great example of how "positive feeds positive." It's not easy to change - but teamwork makes it more fun.

BE A LEADER! Just keep telling people how great you feel when you are in sync with clean eating, progressive workouts, and creative cardio. Don't hold back! Negative people should not be louder than positive ones... Get loud! Make it the norm to not over-eat, but instead to work out and do cardio. IT'S A BOLD THING, BUT IT HAS TO START - with a smile and as a person that truly has a great story to tell about just FEELING GOOD. Do your friends know what it's like to feel good?

How close are you to your goals? ASK YOUR TRAINER WHAT GOALS YOU CAN SET TOGETHER. October is coming up! FREE shirts will be yours, if you let your trainer know what your goals are and you are on the list by the end of this month

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Cool Popsicle Treats

For young and old

Cool off with these fresh popsicle treats!



1. Mix 4 scoops of amino energy mix (any flavor) in 32 oz. of water and pour into popsicle molds. Freeze and then enjoy!
(Only for those 18 yrs and older)

2. Mix 4 packets of true lemon or true lime mix with 32 oz. of water, then pour into popsicle molds. Freeze and serve.
(Kid-friendly recipe)

Go Optimum Nutrition!



Congratulations to Optimum Nutrition! Sixteen ON supplements have been nominated for the 2012 Bodybuilding Supplemental Awards. Click here to vote for your favorite at www.bodybuilding.com.

Nutritional Seminar

Christina goes to Chicago

Christina is honored to be one of 65 athletes in the world selected to attend an advanced course in nutritional supplements. She will be in Chicago this month for the 3-day seminar. According to Christina, while supplements can be helpful, they don't replace REAL, CLEAN FOOD! His & Her clients will be the first to know what she learns!



Celebrate the Olympics

Women only...

We Have a Sports Bra that's Just Right for You.



The

Olympic athletes are wearing the best in sports apparel. Why not treat yourself to a new sports bra and celebrate your own fitness achievements?

clairdelunekc.com/shop

with your shirt size. NO EXCUSES!

P.S. Just for fun check out everything on your trainer's profile (at www.hisandherfitness.net/our_trainers.html) to see what "cheats" she/he may have... along with everyone's favorite workouts.

Christina Larson

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

Creative Cardio Library

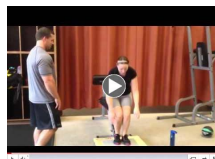
Indoor cardio options help beat the heat



Creative Cardio - Beginner



Creative Cardio - Moderate



Creative Cardio - Advanced

Christina's Kitchen

Quinoa snack - simple and light for summer

- 1-3/4 cups water
- 1 cup uncooked quinoa
- 1/2 cup coarsely chopped tomatoes
- 1/2 cup chopped fresh parsley
- 1/4 cup chopped cucumber
- 1/4 cup fresh lemon juice
- 2 tablespoons chopped green onions
- 1 tablespoon extra-virgin olive oil
- 2 teaspoons minced fresh onion
- 1/4 teaspoon freshly ground black pepper



Boil quinoa as directed on box. Add vegetables and seasoning. Enjoy a cool and healthy summer salad!

Weekly Recipes are Part of Training?

Workout friends share food and fun



Workout partners, Debbie Hardy, Bob Hite and Brenda Hehr

For five weeks in June and July, Christina and four workout partners tried new recipes and shared their efforts. Tuna salad wraps, crustless quiche, black bean brownies, cheesecake and chocolate protein pancakes were all sampled. Most of these recipes were new, healthy options for the group. All came from the *Eating for Life* cookbook by Bill Phillips or from the His & Her Fitness website. It was a fun way to sample some new, nutritious eating choices.

Physical Activity Has Long-Term Benefits

You guessed it -- exercise can add years to your life

Good news for all fitness enthusiasts! According to Scott Douglas' article in the July 23, 2012 online edition of

COR Blood Drive

August dates are set

You can help by donating.



Church of the Resurrection (COR) offers two locations and dates for its August blood drive.

REZWEST

24000 Valley Parkway
Olathe, KS
Monday, Aug. 20
2:00 - 8:00pm

LEAWOOD

13720 Roe
Leawood, KS
Monday & Tuesday, Aug. 27- 28
8:00am - 8:00pm daily

Runner's World, recent research shows that "regular physical activity adds about four years to life expectancy." Douglas reports that "German researchers gathered well-designed studies on one of the most basic, but important, questions in health: Does physical activity increase life expectancy? In reviewing the results of the studies, they found the answer was an unequivocal yes." Activity level, diet, alcohol consumption and endurance exercise can all be factors. For more details on the study results, read the entire article at <http://news.runnersworld.com>.



Sacred Steps 5k



September 22 at 8am

Don't forget about the 7th Annual Sacred Steps 5k Run/Walk at Church of the Resurrection, 13720 Roe in Leawood. It's a fun, family event for a great cause. Don't be afraid to join in! You can register online at www.cor.org/sacredsteps.

7 Tricks to Prevent Over-Eating



Simple tips to manage your meals

"If you consume 100 calories more than you burn every day, you'll gain 10 pounds by the end of a year," says Gail Altschuler, M.D., medical director of the Altschuler Clinic, a center for weight loss and wellness in Novato, California," in a report from *Whole Living | Healthy Living* (Jul 10, 2012) on *Shine* from Yahoo. Luckily Dr. Altschuler offers the following tips to cut back on those extra calories:

1. Sit to eat -- you'll consume about 30% less.
2. Sip some soup before your entree -- its fills and stretches your stomach.
3. Think simple -- you eat more when more variety is offered.
4. Downsize -- use smaller plates and serving utensils.
5. Hide your treats -- when you see food, you eat it.
6. Sniff peppermint -- a small study shows this helped people eat fewer calories.
7. Trick yourself -- serve food that spreads out and looks like bigger portions.

Get all the interesting details in the full article at <http://shine.yahoo.com/healthy-living/7-simple-tricks>.

2012 Kansas City Live Well Expo



Come see the H&H team!

On September 8 -9, the Live Well Expo is making its debut in Kansas City! Join Christina and the His & Her Fitness team as they help kick off the Live Well Expo and celebrate living well in Kansas City. The expo is modeled on the Live Well Network, and will bring both local and national businesses together under one roof.

Kansas City's Live Well Expo will be held at the Overland Park Convention Center on September 8, 10:00am - 5:00pm and on September 9, 12:00noon - 500pm.

The Live Well Network features programming and shows in the following categories -- lifestyle, home, travel and food. The Live Well Expo also includes events and exhibits in those four categories. With family-friendly events such as Mr. Stinky Feet & The Hiccups, plus appearances by Ali Vincent (first female winner of *The Biggest Loser*) and the 41 Action News Team, this expo is perfect for the entire family. In addition, there will be performances by Katrina Parker and Mathai (both from NBC's *The Voice*).

Join the fun! Bring your family and friends to meet Christina and the rest of the His & Her Fitness family. Check out their various areas of expertise and fitness levels, get nutrition tips, and learn how to live well!

You can go to www.kshb.com/generic/entertainment/television/live_well_network for more information.



Kellen, Tom, Kristopher, Ty Juan
Amber, Erma, Jenny
Keri, Christina, Amanda

Client of the Month

Kent Baker

It's exciting being named Client of the Month at His & Her Fitness. Over the years my weight has gone up and down, as has my commitment to exercise. I travel extensively and not only is it hard to eat well on the road, but exercise can be difficult as well. Going into a hotel gym and being the least fit person there can be intimidating. Walking up to an unfamiliar machine and not really knowing what to do can easily keep you from making the effort. Having peaked at 275 lbs several years ago, I was inspired by friends to begin working out. I tried several approaches with mixed success, but never seemed to get the

results that I wanted. I started working with Christina several years ago, after a health scare that really got my attention. Christina was the first trainer that I found who focused on nutrition and clean eating, as well as the exercise component. My weight is currently 210 lbs and I'm stronger now at age 55 than I was at age 20. From a heart prospective, my cholesterol and all risk factors are exactly where they need to be and I credit Christina's holistic approach. My blood pressure is lower now than it was 20 years ago. I have changed my travel routine, and now carry exercise bands and lifting gloves in my suitcase. Additionally, I pack protein bars to eat at lunch instead of hotel food. (I've even found healthy alternatives to keep in my golf bag that don't melt!) And finally, a great by-product of my commitment to a fitness program is that both of my children are now working with trainers at His & Her Fitness, and our entire family is eating much healthier.



Kent Baker and son, Kyle

My job as a financial advisor can be both sedentary and extremely stressful. Making the time to exercise is not always easy -- but it has certainly improved not just my physical health, but my mental health as well. Christina's focus is on training separate body parts and giving your body time to rest in between sessions. She recognizes that my goal is to build strength, but she is also focused on burning fat and keeping my metabolism high. Her focus on my health and well-being has helped me hit my goals and ultimately will add years to my life.

Team Member of the Month



Amanda Turner

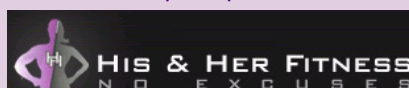
I'm honored to be the His & Her Fitness Team Member of the Month for August! Both the clients and trainers at H&H are incredible to work with. Watching my clients progress is what makes my job as a trainer fulfilling. Our clients come from all different backgrounds -- some with previous injuries. It makes me proud to see them overcome obstacles that they never thought they could. My clients and I are always setting new goals and avoiding plateaus -- working together so they can continue to succeed. I appreciate all of the clients at H&H and I am also thankful to work with such amazing trainers.

Give the GIFT of FITNESS

50% off His & Her Fitness consultation
Referrals only

**Now is the time to send friends, family, and past clients
to His & Her Fitness for a consultation
and get them started on a fitness program**

Offer expires September 8



August 10th, 2012

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