



 news

His & Her Fitness News

News From H&H

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HIS & HER FITNESS
 N O E X C U S E S

His & Her Fitness Newsletter

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Christina's Corner

September excitement!

Wow! The goals that each of you have set are impressive. Thank you, trainers and clients, for taking your personal fitness to the next level. I love this time of year! We are slammed with great new clients - which is just like having a new baby in the family. Established clients are remembering their first days and their personal accomplishments. Fun!! New clients are looking at long-term clients like they will never be there - but the team at His & Her Fitness is excited about your modesty. And we know you will reach your long-term goals. We thank all of our clients for being fearless - for coming to a place where the whole team is excited to help them every step of the way.



Everyone is good at something... our specialty is progressive weight training, progressive nutrition, and creative cardio. Short term (monthly) goals are a blast, but they are the ones that we sometimes forget we have set. A month is such a short length of time, and seems to go by so fast, that it can be easy to overlook a single month's accomplishments. So cheers to you monthly goal-setters! Cheers to a better you this month! Happy September - your new shirt will be on your new physique very soon...

I am blessed to work with great clients and a great H&H team!

Christina Larson

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

Creative Cardio Library

Like us on Facebook  Join Our Mailing List 

Congrats to Parris Communications, Inc

His & Her Fitness is proud to congratulate Parris Communications, Inc. on its selection by the *Kansas City Business Journal* as one of KC's "best places to work" (small company category) for the sixth year in a row!

Creative Cardio Classes

Start your weekend right

Now you can come to His & Her Fitness for creative cardio fun on the weekend! Sign up at H&H for Saturday or Sunday sessions, or choose to rock your cardio on both days! Join [JP LaMunyon](#) and try some dynamic moves. After client interest in these workouts is determined, specific session times will be set.



JP LaMunyon

Take the Stairs

Exercise for your daily life

"A study published in *Preventive Medicine* found that after 12 weeks, people who regularly climbed stairs increased their stamina, cut almost two percent off their waist circumferences, lowered their weights by almost one percent, and showed signs of lower blood pressure and "bad" LDL cholesterol.



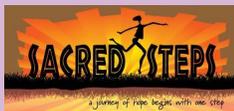
There aren't any better reasons for taking the stairs at work!"

From the August, 2012 edition of *A Healthier You*, monthly newsletter from BlueCross BlueShield of KC.

There's Still Time to Join In

Sacred Steps 5k

You can still register to participate in the 7th Annual Sacred Steps 5k Run/Walk. This fun family event will be held at Church of the Resurrection, 13720 Roe in Leawood on September 22 at 8am. Pro-ceeds from the event will provide medical support in Africa. If you plan to take part, be sure to sign up at H&H so everyone can meet at the event.



You can register online at www.cor.org/sacredsteps.

Check Out Another 5k!

Barstow 5k and Wellness Expo

Get outside for your cardio workout!



Beginner Cardio



Moderate Cardio



Advanced Cardio

Christina's Kitchen



Fresh and light

1 lb. ground turkey
1 cup brown rice
4 cups green beans
2 tsp balsamic

Make ground turkey into patties and brown with Italian seasoning and lime juice. (Or simply brown the loose meat!) Cook rice per the product directions. Heat green beans as a healthy side dish. Sprinkle balsamic over the turkey, rice, and beans.



Mix everything together or serve separately. Makes 4 servings.

Fruits and Veggies? Let's Eat More...

6 tips for getting more fiber



It's often written that we don't get enough fruits and vegetables in our daily diet. Check out these six easy ways to include more fiber and healthy foods in your nutrition plan.

- Think breakfast!** Add fruit to your oatmeal, yogurt or cereal. Every 1/2 cup of fruit equals one fruit serving.
- Add veggies:** Veggies can be added to soups, casse-roles, sandwiches and (event!) pizza: A 1/2 cup of chopped vegetables, or 1 cup of leafy greens is equal to one serving of vegetables.
- Mix veggies into meat dishes:** Shred, grate or puree vegetables and include them in turkey burgers, meatloaf, meatballs or sauces.
- Try Meatless Monday:** Going meatless once a week is a good start in limiting your family's consumption of red, fatty meat. Instead try recipes that use beans as the main dish.
- Check out new fruit and vegetables:** Each week find ones you've never had and give them a try.
- Consider snacks:** Keep a bowl of fresh fruit on the table and keep dried fruit in your car. Pack pre-cut fruits and vegetables in baggies and keep them in the refrigerator.

Easy changes can make a big difference!

Source: May, 2012 edition of *A Healthier You*, monthly newsletter from BlueCross BlueShield of KC.

NFL Alumni Golf Tournament

Caring for Kids

For 30 years
the NFL
Alumni



The Barstow School's Inaugural Mind, Body, Character 5K, Kids' Fun Run & Wellness Expo will take place on Saturday, October 13 on the Barstow campus. Participants will start and finish at the school, located at 11511 State Line Road in Kansas City, MO. The event also includes a one-mile Kids' Fun Run on grass and on the Barstow track. You can register for this event at www.barstowschool.org or sportkc.org.



Mary Jo Lang and Christina



Kansas City Chapter has been supporting community

Ricky Siglar, Mary Jo Lang, Christina, and Kent Baker

chil-dren's charities through its annual golf tournament. On September 10, Christina and a few His & Her Fitness clients joined in the fun at the golf event. Optimum Nutrition also supported the tournament by donating amino energy, protein powder and shakers to all participants.



Carolyn Budde, Ed Budde and Christina

It's That Time Again -- "8 Weeks to Greatness"

The H&H teams wants to have another great story to tell!

It's simple. Refer a friend or family member who wants a healthier lifestyle and watch them transform.



Paige White - before and after!

The selected participant will receive a personalized exercise routine and nutritional plan, plus lots of fun gifts and a photoshoot.

Last year Paige White was a successful "8 Weeks to Greatness" participant. She lost 37 pounds when she started the program. Today she is still training and has now lost 93 pounds!

In addition to a new body, Paige received approximately \$10,000 in gifts from His & Her Fitness and local businesses -- training and nutrition plans; clothes from feng; haircut, color and style; make-up; photoshoot; restaurant certificates (ex. Sunset Grill, La Bodega).

Applicant qualifications:

- Referred by a client currently training at His & Her Fitness
- Someone who needs to lose about 30-40lbs

- Typically not able to afford training
- Appreciative
- Outgoing
- Ready to share story of success

8 Weeks to Greatness participant must be ready to:

- Maintain twice a week weight training schedule
- Complete creative cardio at H&H on off days -- at least 2x/week
- Keep mandatory food journal
- Email trainer at least once a week with progress report
- Inspire others to follow fit lifestyle
- Tell story via social media -- facebook/twitter/linked in
- Work to maintain healthy habits after "8 Weeks to Greatness" program ends

It's easy to apply. Just go to the His & Her Fitness website at www.hisandherfitness.net, click on the trainers' tab and then click a trainer's picture for the application.

Client of the Month

James Schneider



I have known Christina for eight years now, and in February I started working out at with her at His & Her Fitness. In the past I had always gone to the gym, but had no clue about what I should be lifting or what exercises to do - and I would easily get distracted. The entire time I went to the gym I never saw any results and would really just step on the scale to see if I had gained or lost weight. Since training with Christina I have gained 14 lbs and have dropped my body fat to 6%. I can't thank her enough and wish I would have started working out with her years ago.

As a business owner who is short on spare time, I always thought it would be hard to get away to exercise for an hour. But it turns out it isn't - and I look forward to working out with Christina. Not only is it a great stress reliever to get away, but it also helps in improving my overall health. I look at pictures prior to starting my workouts with Christina and I am shocked at how she has improved my body, my health, and how great I feel with eating right and finally taking care of my body.

Team Member of the Month

Jenny Lillis

As one of Christina's original clients at His & Her Fitness, it's been fun to watch her business grow and see clients and trainers working together to make positive changes in people's lives. Now I'm enjoying the extra involvement of working on many of the His & Her Fitness communications. My goal is to make the His & Her Fitness communication tools reflect the professionalism, enthusiasm and top-notch training that the H&H team has to offer. It's always exciting at H&H!



Introducing a new MASSAGE THERAPIST

Meet Lindsey Purtle

Book a Massage
with her at 50% off



Offer expires October 13

September 13th, 2012

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