



## His & Her Fitness News

News From H&H

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## His & Her Fitness Newsletter October, 2013

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### Christina's Corner

#### It's getting cooler outside!

I can't quite believe it, but it's almost time for winter coats. (How did that happen?) Here's my advice on how to look your best and show off your fit physique - go ahead and clear the closets of all your loose fitting clothes. It's too easy to get comfortable in them. Winter weather and loose clothing are not ex-cuses to cut back on your fitness goals! (And besides, whatever your shape, clothes and coats that are too big just make you look bigger.)



Another of my tips as the weather gets cooler is to do your cardio exercise in the morning. A good cardio workout will release natural endorphins that will keep you energized. And it's a good plan to form solid exercise habits before the holiday party season starts. Here's why - 1) you will have more energy and 2) if your cardio is already done, you won't run into time conflicts at the end of the day. (You never know when you'll be invited to a random party... and you don't want to gain back everything you have lost!)

Happy training! Stay focused. You can do it... I promise.

*Christina Larson*

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

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**Breast Cancer Awareness**



**October is the month**

October is Breast Cancer Awareness Month. This annual campaign is designed to help increase awareness of this life-threatening disease.

Please make time this month to take care of your own breast health and remind other family and friends to do the same.

**Water Is Healthy!**

**Drink up!**

First lady Michelle Obama is extending her healthy "Let's Move!" campaign to include "Drink Up!" Sam Kass, executive director of Obama's Let's Move campaign, said the new effort comes from a search for "simple actions" that can improve health. Kass goes on to point out that more than 40 percent of Americans drink less than half of the daily recommended amount of water, and about a quarter of children under the age of 19 do not drink any water on a given day. So let's drink up and help keep ourselves fit!



(The above information comes from Krissah Thompson's story in the Sept. 12 issue of the *Washington Post*. You can find the entire article at [www.washingtonpost.com/lifestyle](http://www.washingtonpost.com/lifestyle))

**Family Fitness**

**Make it a family affair**



Pull-ups at age 3? Nothing like getting

**Creative Cardio Library**

**It's time to jump rope!**



Beginner Cardio



Moderate Cardio



Advanced Cardio

**Christina's Kitchen**

**Turkey (slim waistline!) burger**

- 1 lb ground turkey
- 1/4 cup minced onion
- 3 tablespoons fresh parsley
- 2 tablespoons worcestershire sauce
- 2 tablespoons minced red pepper
- 2 tablespoons spicy mustard
- 2 garlic cloves



Mix all ingredients together in bowl. Make four 4-oz patties. Cook in pan (with Pam spray).

Serve with a lettuce wrap, a whole-wheat tortilla or toasted Ezekiel bread. Feel free to add 2 tsp avocado.

Enjoy guilt-free!

**Golfing for Good**

**Golf outing for Grace Elizabeth Shaw Foundation**

an early start! Check the mirror - Mom and trainer JP look on as Dad helps just a little bit... As long as the pink bow is above the bar, it counts!

### Beyond the Glass Ceiling

#### Michele Stauffer featured

Michele Stauffer, Christina's client, friend and mentor, was featured in a recent story on KCTV-5's series on women,

"Beyond the Glass Ceiling." Stauffer worked in the aviation industry and owned her own aircraft sales

company. In her personal time she has flown more than 250 trips for Angel Flight to transport patients to other cities, being named Angel Flight's "Pilot of the Year" in 2006. Stauffer is happy to have spent her life with airplanes - buying, selling, helping and flying. You can access the full story at [www.KCTV5.com](http://www.KCTV5.com). (You'll need to type "Michele" in the search line, and then click on the story.)



Mark Roberts, Bryan Larson, Christina, and Raul Morffi

The first annual Grace Elizabeth Shaw Foundation (GESF) golf classic was held on September 13 at Creekmoor Golf Club. The tournament was sponsored by Shaw Electric, City Lighting, and IBEW local union #124. Christina participated in the tourney, along with Bryan Larson (H&H client/Shaw Electric Company), Mark Roberts (H&H client) and Raul Morffi (Electronic Supply Company). Electronic Supply, one of Shaw Electric's major suppliers, sponsored the foursome.

Inspired by the young life of Grace Elizabeth Shaw, GESF works to help children have a life that they would not otherwise have an opportunity to be a part of. The mission of the Grace Elizabeth Shaw Foundation is to encourage children to fight hard, never quit, and live life with no regrets -- so that they may become champions in everything they do. [www.gesf.net](http://www.gesf.net)

### Bottled Water - Some Issues?

#### Just think about it



A recent research study indicates that bottled water still includes some impurities. Consumer demand for plastic bottles that are free from the hormone-disrupting chemical bisphenol-A (BPA) has produced significant changes in how plastic food and beverage containers are produced. However a recent study in Germany has found that perhaps thousands of other potentially harmful chemicals are still leeching into foods and beverages packaged in plastic. Obviously more information and more research is necessary before forming any solid conclusions on the health implications of bottled water. But it's something to think about as you drink your daily water! You can read an entire article on this subject at [www.naturalnews.com](http://www.naturalnews.com).

### 8 Weeks to Greatness

#### Two participants are selected for 2013

This year Christina has upped the challenge again. Two deserving participants have been chosen to take part in His & Her Fitness' annual 8 Weeks to Greatness program. Nancy Cipolla and Christine Lovich are the two lucky women who will be transformed at the end of the eight-week program. This year twenty-three people applied for the program. Each applicant received a personal interview before the final participants were selected. Good luck to Nancy and Christine! Can't wait to share your great results!



Back row: Billy Finholm, EJ Walter, JP LaMunyon.  
Front row: 8 Weeks to Greatness applicants Tanya Cox and Carrie Hayes, Erik Reese, Christina Larson, 2013 8 Weeks participants Nancy Cipolla and Christine Lovich, and Tom Finholm.

### Christina's Recipe Selected for ON Daily Fitness News



### Fried chicken - a healthy version!

Do you like the recipes from "Christina's Kitchen?" So does Optimum Nutrition! Christina is honored to have her recipe for fried chicken appear as an "Olympian Recipe" in Optimum Nutrition's online newsletter, *Daily Fitness News*. Look for it on the ON website - and check out the other healthy and delicious-looking options. [www.optimumnutrition.com/news](http://www.optimumnutrition.com/news).

### Client of the Month

#### Paget Alves

I have a confession to make - I was addicted to P90X. I spent 18 months fixated on the DVD workout routine and all I got for it was knee surgery and tendinitis!

Then I tagged along with my wife Debbi to her workout at His & Her Fitness. H&H had already transformed a few friends, but I was still skeptical. Fortunately, I decided to do a fitness assessment with Christina. And surprise, surprise... I had to admit I had a problem. I had some strong muscle groups, but I also had other weak ones which were putting stress on my body. I had too much body fat and lousy balance - other than that, I was in great shape! :-)

All kidding aside, Christina helped me transform my entire body. And for me it hasn't been about just about physical fitness - it has also been about mental health and happiness. This last year at work has been one of the most stressful in my career. I could always count on H&H as a place to connect with friends (a shout-out to my Wednesday and Saturday workout buddies!) and release the stress from the week.

All I can say is, "Thank you, Christina Larson."



Paget Alves with wife Debbi and Christina

### Team Member of the Month

#### Tom Finholm

Hi. My name is Tom Finholm III. I am both a certified personal trainer and fitness nutrition specialist (FNS) from The National Academy of Sports Medicine. I've been a trainer at His & Her Fitness for three years which has given me the opportunity to work with some incredible clients and employees. My clients' work ethic inspires me on a daily basis. Their effort to succeed is contagious and affects all of us at H&H in a very positive manner. Being a personal trainer allows me to create personal relationships with clients in ways few other jobs can.

Working out has been a passion of mine for a long time - and now helping others reach their fitness goals has become a passion of mine as well. We have a great team here at His & Her Fitness. I wish to thank Christina Larson for her unwavering support and her efforts in making His & Her Fitness one of the top fitness facilities in the Kansas City metro area.



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