



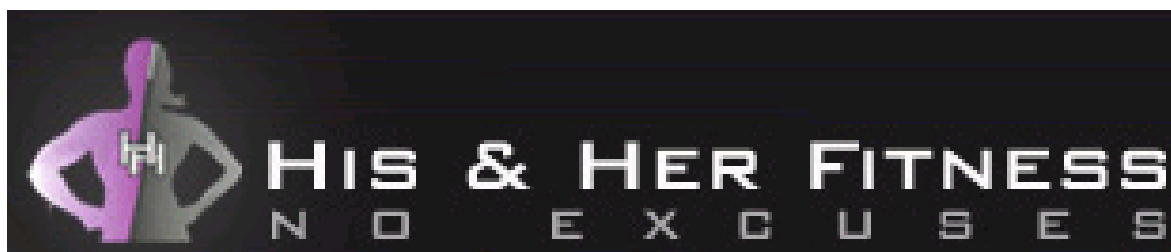
news



His & Her Fitness News

News From H&H

November 12th, 2013



His & Her Fitness Newsletter November, 2013

Volume 4, Issue #11

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Christina's Corner

Heading to the holidays

Hello to the busiest month at His & Her Fitness. Yes, it sounds silly, but one of our busiest months is November. Why? Because all you H&H clients are appearing at your holiday parties looking great - and showing your commitment with actions, not just words. People who have not seen you for a while are noticing - and asking "what is your secret?" Yes, you can tell them. You have to work out, eat right, and do your cardio to feel and look great. The result? You will find that you're a "new you." Once you start on a clean regimen, you'll learn that even if you try to cheat, your stomach will tell you - and let's just say that it's not a great feeling. Yes, when you are officially a "clean eater," your body will never let you deny it. I have so much fun training your friends and loved ones, because they are here because of your example. Good job!



Let's keep up the good work and kill the FAT this winter together. Follow me on Facebook; add your own positive comments. Together we can feed the positive and help stop the negative. Working together keeps us both going!

Christina Larson

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H&H Christmas Party!

Saturday, December 14

Save the date! The annual His & Her Fitness Christmas Party will be held on Saturday, December 14. Come early or come later; bring family and friends. Dress up or be casual. Just come and enjoy great food, great company and a great time!



8 Weeks to Greatness Blogs



Check 'em out

Nancy Cipolla and Christine Lovich, this year's "8 Weeks to Greatness"

participants, have finished their third week of training. Watch their progress and read their blogs on the His & Her Fitness website at www.hisandherfitness.net.

Christmas Comes Early at H&H



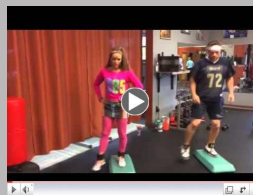
Don't

forget your gift!

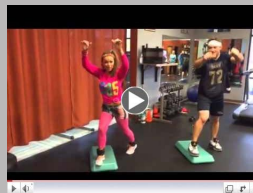
This year's Christmas gift to His & Her Fitness clients is a drinking glass (plus a straw) with a spot for personalization

Creative Cardio Library

'80's cardio done right -- feel the burn!



Beginner Cardio



Moderate Cardio



Advanced Cardio

Christina's Kitchen

Chicken parmesan - delicious and nutritious



- 1 cup oat bran
- 2 tablespoons Italian dressing
- 2 tablespoons garlic powder
- 2 tablespoons thyme
- Pepper - as needed

Mix above ingredients in Magic Bullet or blender/mixer. Spread batter evenly onto a large plate.

Beat 2 egg whites and one whole egg together in bowl.

Clean 4 boneless and skinless chicken breasts.

Coat chicken breasts in egg whites and then coat with batter.

Place evenly in roasting pan. (Remember to spray pan first with Pam!)

Cook at 445 degrees for 38 minutes.

Christina recommends that you serve on a small plate with raw spinach and cherry tomatoes. Place cooked chicken parmesan on spinach. Top with 3 tablespoons of sun-dried tomato and basil pasta sauce.

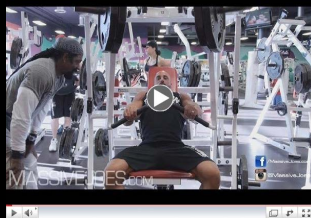
and identification. Be sure to ask Christina for your glass - just in case she forgets to give you one. There are no longer any excuses for not drinking enough water!



Check Out the ON Team

A pre-show workout

The ON team loves to work out! Here they are at 6am - already getting pumped for the big show!



Blood Drive at COR

Give blood; save a life

The quarterly blood drive at United Methodist Church of the Resurrection will be held at two locations:

Main campus

Monday and Tuesday, Dec. 2 & 3
8:00am - 8:00pm
13720 Roe, Leawood
West Building

Resurrection West

Monday, November 25
2:00pm - 8:00pm
24000 W. Valley Pkwy, Olathe
In the Sanctuary



A Cupcake Vending Machine?



Think before you eat!

Yes, just stop and think. Americans will line up for miles at this cupcake vending machine. They patiently wait to buy a \$7.00 cupcake... and their return on this? Fat cells, feeling tired, retaining water, high estrogen levels, fewer dollars for healthy food -- and really just waiting thirty minutes in line for ten seconds of sugar.

Take the challenge and try making some healthy sweets from the recipes on the His & Her Fitness website. You can check them out at www.hisandherfitness.net/nutrition. Don't tell people these sweet treats are healthy. When they ask how to make them, just pass on an H&H

business card. We can help them be as successful as you are. We all know H&H is a "good return" line!

Rate H&H Online

Hope you give us 5 stars!

Do you like working out at His & Her Fitness with Christina and the rest of the team? Do you appreciate the advice on nutrition and creative cardio? Help spread the good word. Review H&H and post it at www.thumbtack.com/reviews/services.



H&H Client Recognized by 435 Magazine

Roshann Parris



His & Her Fitness client, Roshann Parris, was highlighted in the November edition of 435 magazine as one of Kansas City's "Top Ten Most Inspiring Women." Congratulations, Roshann. Thanks for being such a great role model!

Open Training Times

Check out openings with your favorite trainer

Do you have a friend or family member who would like to exercise at His & Her Fitness? Do you want to add another workout to your exercise plan? Now's the time to sign up. There are a variety of times available, all types of sessions, and lots of trainers to choose from! Just call Christina at 913-206-7645 to sign up for the sessions you want.

Kellen Brownlee

Mon 9am - Group; Tues 8am - Group; Wed 6am - Group; Fri 5am - Group

Billy Finholm

Tues 5:30am - Tandem; Wed 7:30pm - Tandem; Thurs 7:30am - Group

Tom Finholm

Tues/Thurs 5:30am - Group; Wed 2pm - Group; Thurs 8am - Group; Sat 10am - Group

JP La Munyon

Mon 6pm - Group; Wed 6pm - Group; Fri 10:30am - Group

Ty Juan Porter

Fri 5:30am - Group

Christina Larson

Mon/Wed/Fri 8am - One-on-One; Mon 12noon - Group; Tues 7am - Tandem;
Wed 5am - Group; Wed 6am - One-on-One; Wed 4pm - Group; Thurs 7am - One-on-One
Fri 5am - Group; 6am - Group; Sat 8am - Group

Two New Trainers at H&H

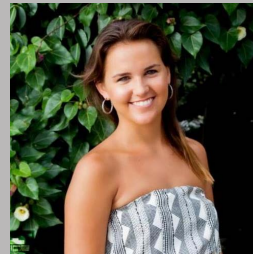
Welcome to Eric and Linsey!

His & Her Fitness is proud to welcome two new trainers - Eric Reese and Linsey Marchant.



Eric brings 25 years of fitness experience to H&H, both as a high school and college athlete and as a trainer. He graduated from Washburn University (where he played college football) and has a master's degree from Baker University. Eric is also certified by the American Council on Exercise (ACE). And be sure to ask him about his bench press record at Washburn!

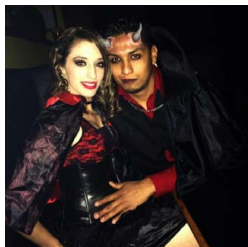
Linsey is a graduate of the University of Central Missouri and is currently working on her master's degree in Sport Management. She likes to work with both the young and the young at heart, and her experience includes youth fitness and gymnastics coaching. For her own exercise, Linsey loves to run. And, like many of us, she has a weakness for chocolate!



Halloween Fun at H&H

Clients and trainers join the fun

Both clients and trainers got into the Halloween spirit at H&H with a variety of costumes and attitudes!



Top row: EJ and Christina rock the '80's fitness style; Is it JP? Superman? or Julie?; Clark Kent gets ready for action;
Bottom row: The Headless Horseman on regular office duty; Dracula with his damsel in distress

Client of the Month

Greg Barber

My saga of involvement with His & Her Fitness began approximately two years ago. My wife Lucille, and I were both unhappy about our weight, our levels of fitness and our overall energy. Cursory attempts at diets and cardio always failed - and that failure made us feel even worse.



Greg Barber with his wife, Lucille
and a future H&H client

One evening after finishing at Wine Flights (fine food and wine were contributing to our physical issues), we noticed a fit young lady leaving His & Her Fitness. We inquired if she thought the place was of high quality. Naturally, Christina told us she was pretty sure it was and informed us that she was the owner. Shortly thereafter Lucille joined, but I hesitated due to chronic neck and back issues. (I was concerned that a weight lifting program could exacerbate those problems.) As I watched Lucille's rapid progress with Kellen - which included weight loss, increased energy and strength, and most importantly her ability to perform daily activities with much more ease - I became intrigued. And so I took the plunge! I now work with Christina one day a week and with Tom Finholm twice a week. Tom even accommodates my schedule by coming in at 4:30am.

Here's how we sum up our H&H experience:

1. The sessions are fun!!! We actually look forward to our workouts.
2. Kellen, Tom and Christina could not be more supportive and willing to help us in any way.
3. The nutrition and training programs uniquely designed for each of us have led to an improved sense of well being - with weight loss, increased strength and energy levels, and even a better sense of body image.
4. And my chronic neck and back issues are essentially non-existent due to my increased core strength and balance.

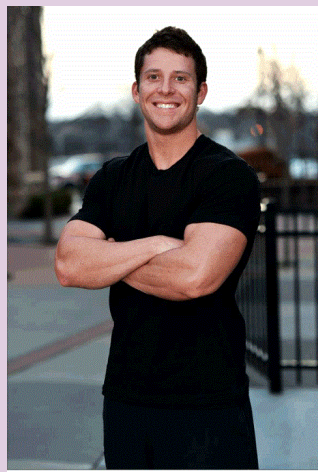
Both Lucille and I want to thank our trainers and the entire H&H team for improving our health, fitness and even our inherent good looks - which I thought was impossible!

Team Member of the Month

Billy Finholm

This is my second time as Trainer of the Month and it is a great honor. Being Trainer of the Month means a lot - and I also like the learning and growing opportunities that it provides. Working at His & Her Fitness for the past year has been great and I am always learning new things. None of it would be possible if not for our "boss lady" Christina, and all of the other trainers. But Christina is the one that brings us together as a team and is our key motivator.

I would like to take a moment and say a little something about each trainer. Everyone brings a different kind of brightness to the gym (and I am not just talking about JP's dark black hair and his matching glasses). Tom, my brother, is someone I can always look up to and turn to for advice. (FYI... he is not a morning person, so maybe 5:30am isn't the best time to ask him questions - but by 9am he should be fine.) I am going to move right along to a man named EJ. This guy has the most energy of anyone I have ever encountered. If you want to hear a joke, then this is your guy. He can really brighten up a room - even more than I can sometimes, if you can believe that! Next up on the list are Kellen and Ty. I happen to have secret handshakes with each of them and if you have had the pleasure of seeing them in action... then you've had a treat. They took lots of after-hours practices and are one-of-a-kind. But then Kellen and Ty thought it would be cool to have their own handshake. Unfortunately this handshake isn't very good and doesn't compare to the ones that Kellen, Ty and I share with each other. If you see them attempt their handshake, you should just laugh and walk away. And last up is the man, the myth, the legend, JP - or I call him - "PJ." If you want some style tips for clothing, hair, makeup, nails, shoes (and the list goes on), then this is your guy. He is just a big bundle of joy to be around and to give a hard time!



Thanks again for selecting me to be the Trainer of the Month - I am looking forward to being nominated again in the future. Happy training and stay on target throughout the holiday season! Go Chiefs!!!

(P.S. If you want JP's hair stylist's number, just give him a call.)

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