



# news



## His & Her Fitness News

News From H&H

December 11th, 2013



## His & Her Fitness Newsletter December, 2013

Volume 4, Issue #12

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### Christina's Corner



#### Get an early start!

Hello everyone. It's my favorite time of year! We can get a jump start on the new year now. Yes, clean out those closets if you have yet to do so. Start practicing your new year's goal now - and you will be successful by January 1. Just keep those positive thoughts and actions flowing.

This is a great time of year to start doing your creative cardio inside. When it's chilly out you often want to skip out, so meet friends to help with your accountability. And, of course, the trainers of H&H are happy to schedule times for you and your friends to meet here for creative cardio, too. For meals, think about healthy soups for something new. The average American will gain 15 pounds over the holidays,

while only taking off 10 pounds in January - a gain of five pounds for the year! Do that for five years and you'll gain 25 pounds! Yikes! Don't do it! You can be successful - just stick to your meal prep and schedule your time for creative cardio and workouts. Prevention is what you want when you are healthy.

*Christina Larson*  
Owner / Trainer MCPT-PFI / ON and ABB Sponsored Athlete

## Team Member of the Month

## Quick Links

[His & Her Fitness website](#)[About Us](#)[Contact Us](#)View our videos on Like us on  Join Our Mailing List

## Holiday Party!

It's on December 14 -- don't forget!



The annual His & Her Fitness Holiday Party will be held on December 14 - starting at 6pm. Dress up and join the festivities for fun, food and music. (Yes, there will be a DJ!) And, of course, there will be lots of gifts and prizes. Donations from a silent auction and a raffle will benefit the Kansas City NFL Alumni "Caring for Kids" program. In the silent auction, bid on a grill donated by Smoke 'n' Fire or on a wine-tasting paired with Christopher Elbow chocolates offered by Eddie Kennison for four lucky people. Prizes also include a workout bench and a "travel" package! And free training sessions will be raffled to new clients. Don't miss out on a great time and these great prizes!

## Christmas Gift from H&amp;H

## Drink up!



This year's

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

## Creative Cardio Library

## Use the bench - up and down you go!



Beginner Cardio



Moderate Cardio



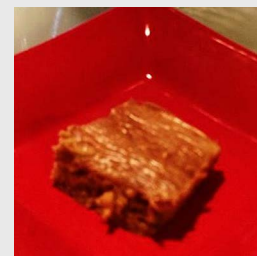
Advanced Cardio

## Christina's Kitchen

## Carrot cake

(Prep time = approx. 10 minutes)

- 3 egg whites, slightly beaten
- 1 cup apple sauce
- 1-1/2 cup of Stevia (for baking)
- 2 cups zucchini - blended in food processor and well dried
- 2 tsp vanilla
- 2 cups quinoa flour
- 1/2 tsp baking powder
- 2 tsp baking soda
- 3 tsp cinnamon



Mix all ingredients together.

Spray a glass baking pan with Pam and place mixture in pan

Cook in oven for 23 minutes at 375 degrees.

Frosting: Mix one scoop of Gold Standard Casein (vanilla or banana flavor) with one scoop of Vanilla Velocity HydroWhey protein. Add just enough water for powder to rise. Then mix with fork and pour over fully-cooked cake.

*It's not really carrot cake, but it tastes just like it!*

## Thanksgiving at H&amp;H

## A healthy celebration

The H&H team gathered to celebrate Thanksgiving with a healthy meal. Great food and great company -- the team had a lot to be thankful for! 2013 was a great year for His & Her Fitness.

## Great Sponsors for 8 Weeks to Greatness



### Thanks!

His & Her Fitness gives a big "thank you" to the sponsors of the "8 Weeks to Greatness"

program. Your generosity helped make the participants shine!

Many thanks to:

- La Bodega
- All About Fitness standard style feng
- Kalvin Pugh Hairdressing
- Tamara Borrego @ Solera Salon
- Misty Nelson @ Sofia Solan
- Shelby Herrick Salon
- clair de lune Lingerie
- Addie Rose Boutique
- Bare Esthetics Medical Spa
- Sunset Grill
- Paddy O'Quigley's
- The TAN Company
- Zenail & Spa
- Take 5 Coffee+Bar
- Shannon Fenton facials @ Glow Skincare Studios
- Swim Quik
- Dr. James O'Keefe, cardiologist - Cardiovascular Consultants and Mid America Heart Institute

## Holiday Event at feng

### Sharing the spirit

Christina Larson and Linsey Marchant joined the fun and celebrated with the feng staff and clients. Happy Holidays!



H&H client Melinda Jurczak, Christina Larson, Linsey Marchant and her dad Mark Marchant

## 151 & Nail Project



**Blue Valley Middle School Community Partnership**

Eighth grade students from Blue Valley Middle School visited His & Her Fitness on December 10 as part of a fieldtrip to learn more about local businesses. It's



Clockwise: Jenny, Christina, Debbie, Billy, Tom, JP, EJ, Eric, Linsey, and Kellen

## Matthew's Ministry Students Learn Salsa

### Fox 4 News tells the story



Christina and dance partner, Brian

Christina Larson loves to Salsa and she has shared this love with the Matthew's Ministry students at United Methodist Church of the Resurrection. On Nov. 14, she and her dance partner Brian held a Salsa party and demonstration for the lucky students. Fox 4 News was there to cover the story. Check it out at [www.fox4kc.com/2013/11/14](http://www.fox4kc.com/2013/11/14)



## Christmas Gift Ideas

### Healthy ideas for your fitness fanatic

Check out these great local gift ideas:

- Fitness gloves that sparkle! (See the selection at H&H.)
- Massage gift certificates. (Talk to Debbie Hardy at H&H.)
- Fitness clothes at feng. [www.fengkc.com](http://www.fengkc.com)
- Heart-rate monitor - for sale at H&H.
- Eating For Life cookbook - from your favorite H&H trainer.
- Take 5 Coffee Bar gift certificate - to order a protein shake! [www.TakeFiveCoffeeBar.com](http://www.TakeFiveCoffeeBar.com)
- I-tunes gift card - so you can download workout songs!
- Magic Bullet. (Costco is usually your best buy.)
- ON Protein Powder from H&H (for your Magic Bullet!)
- And, of course, personal training and consults at [H&H](http://H&H).



## Changes in Pricing for New Clients

a great opportunity for the H&H team to show these kids how much H&H has to offer -about both a healthy lifestyle and a great business.

### Trainer Tip

#### Carb Cravings

If you take in too many carbs, you will crave more. To prevent this vicious cycle, keep your carb and protein intake similar in size - and drink extra water. And including extra cardio in your daily routine will also help. (Ask your personal trainer why this little trick works.) But note: adding extra cardio is for special times - don't make it a habit or it will stop working.



### Effective January 1

2013 has been an improved year at His & Her Fitness with new equipment, new trainers, new studio set-up and increased community presence. And we all want to continue our growth and progression. So, after many years with no price increases, His & Her Fitness is announcing a price increase for 2014. Hourly training rates will go up by \$5.00/hour for new clients effective January 1. The new rates will not impact current clients. And new clients that purchase training packages prior to Christmas will also be able to pay the current rate.

Additionally the trainers ask that you provide notice of cancellation 24 hours ahead of time. Sessions that are missed without giving notice create difficulties for both you, any training partners, and your trainer. So unfortunately, without 24-hour notice, we will not be able to reschedule your missed workout and you will be charged for that session. (Of course, if there is an unavoidable family emergency/crisis we will work with you.) 24-hour cancellation will also apply to H&H staff. And trainers who are five minutes late or miss your workout will pay for your session. (You are a valued client and we know your time is important.) Accountability from both clients and trainers will improve the experience for everyone and your results should show the difference!

If you have any questions, please contact Christina Larson at hisandherfitness@me.com.

### Big Brothers Big Sisters Cardio Event

#### Great action for a great cause



His & Her Fitness was proud to host a "Creative Cardio" charity event for Big Brothers Big Sisters on Tuesday, November 19. The H&H team raised \$230 for BBBS -- along with the heart rates of all the participants! According to Christina, everyone who attended left feeling better than when they arrived and "it was a amazing way to bring a positive end to a long work day." Christina definitely plans to hold this fun event again. So get ready to rock your cardio -- she wants to see you all next time! If you'd like to donate to Big Brothers Big Sisters, check out the website at [www.bbbskc.org](http://www.bbbskc.org).



### Calling All Kids! H&H Has Plans for You, Too!

#### "Speed and Agility" workouts over winter break



Are your kids looking for something to do over Christmas break? Do you have young athletes who would like to increase their skills while they're off from school?

His & Her Fitness will offer "Speed and Agility" workouts for kids from December 20 - January 2. If you're interested, email Christina at hisandherfitness@me.com. She'll work with trainers Billy Finholm, Kellen Brownlee, Eugene (EJ) Walter and Ty Juan Porter to set up the classes.

### Client of the Month

#### Navkiran Warya

My name is Navkiran Warya and I am passionate about a healthy lifestyle. Despite having three kids and a full time job, I try my best to make time for the gym. However, the word "gym" doesn't always sound appealing after a long day of hard work. Yet exercising doesn't seem all that bad when it's done at His & Her Fitness.

There are many distinctive features of His & Her Fitness that make it special to me. I believe that the entire H&H team works diligently to provide motivation and inspiration. The wonderful trainers also offer fun and valuable sessions that bring me closer to my personal goals.

I truly appreciate His & Her Fitness and hope to continue this journey at in the many years to come.



### Team Member of the Month

#### Eugene J. (EJ) Walter

I am excited to claim the title of Trainer of the Month for a second time in my tenure here at His & Her Fitness. But beyond thanking everyone who makes it easy for me to come to work - client and trainer alike - I want to use this opportunity to share a thought I have every year around the holiday season. A thought regarding fitness.

This is a happy time of year but people seem to just get sad, stressed, and stagnant. So I ask you, the reader, what do you want for Christmas? I, myself, have wanted the same thing for Christmas for nearly a decade - and for the first time in my life, I feel the time is right and I might get it. You see I have always had a fitness goal - one that I have failed to reach - a goal that always seems to fall by the wayside this time of year. The food and the company are always too good for me to maintain the required accountability. I fall off track and year in and year out I sacrifice my "present" to myself for mere distractions. But not this year. I have decided. And I encourage you to try it. This one season reach the goal that you have pushed for, or at least don't impair it. I can't imagine a drink or Christmas treat that I value more than the gift of looking myself in the mirror and thinking, "Dang. I am proud of what I have accomplished... I look fantastic." If you have a goal, challenge yourself to eat clean, get active - or take the next step and get a trainer. Just do it. Do it now. If you don't do it now, it will soon be a decade later and you still won't have done it. I know - I've been there.



Have a great holiday season. Bless you and your family. I am thankful and blessed for my clients and coworkers who all make it easy for me to come to work each day. Cheers.

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