



# news



## His & Her Fitness News

News From H&H

### Volume 5 Issue #1 January 2013



## His & Her Fitness Newsletter January, 2013

Volume 4, Issue #1

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### Christina's Corner

#### I can't wait for 2013!

2012 was a great year of team building! Everyone had a part to play. And everyone deserves a big "thank you!" There were the leaders at His & Her Fitness -- the trainers, the massage therapist, and even the "ghost writer." There were the dedicated and consistent clients that have been here since Day One, the new clients that motivate and inspire us with their enthusiasm and energy, and, of course, my grams. There was great publicity in *KC Business* (an article on clients Mike Bukaty and Eddie Kennison), in *KC Magazine*, and in the local Hallbrook Country Club publication (a bio of me). It's been a great year of growth and I'm looking forward to more surprises and accomplishments to come in 2013.



Christina and "Grams"

As the fearless leader of H&H, I always try to think of the bigger picture for the studio. So I plan for the upcoming year - and there's already a lot in the works for 2013. The equipment is up-dated, education is underway (always!) with the staff, walls have been painted, mirrors have been added, carpet has been installed, and hello! the new cable crossover machine is in place. Everything is up-to-date at H&H and we are ready for your workouts!

And for all you clients - please make sure that about every six weeks you receive a new meal plan to continue your fitness progression. And don't forget to get new ideas for your creative cardio. Everyone has different goals, so please focus on what you really want. Your trainer can help! And your trainer should be working with you on your workout road map - a plan that will meet your expectations of a personal fitness plan and lead the way to the successful accomplishment of your goals.

Join Our Mailing List

**A Huge Local Problem**



**Obesity in Missouri and Kansas**

An article in the August 13, 2012 issue of the *Kansas City Business Journal* provides horrifying statistics about the obesity rates in Missouri and

Kansas. According to the latest state obesity rates from the Centers for Disease Control and Prevention, Missouri's adult obesity rate is 30.3 percent; Kansas is tied with Ohio at a rate of 29.6 percent. The analysis comes from the Trust for America's Health and the [Robert Wood Johnson Foundation](#). Go to [www.bizjournals.com](http://www.bizjournals.com) for the entire story. Go to H&H to maintain your own fitness rate!

**Women and Weights**

**The benefits of strength training**

In her Dec. 5, 2012 article for *Yahoo! Health - Prevention*, Jenna Bergen gives nine reasons why women need to lift a few weights. Ladies -- there's no need to be afraid of looking like a weight-lifter, and there are many benefits to adding regular strength training to your exercise routine. Read the full article at [www.health.yahoo.net](http://www.health.yahoo.net) to find out all the benefits, ranging from increased metabolism to reduced risk of bone loss to fitting into your skinny jeans.



**Exercise at Work**

**Try this at your desk**

Now that the holidays are over and many of us are back to work again, why not tone your body and make up for those holiday treats by trying an exercise at your desk?



While sitting on your chair, turn to an empty area and lift both feet until legs are parallel to the floor. Hold for 5 seconds. Contract your abs at the same time. (Use your chair arms for support, if necessary.) Repeat 10 times. This exercise will help strengthen your legs and core.

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

**Give Blood - Give Life**

**Church of the Resurrection Blood Drive**

But clients have to be honest with their trainers, too. I always say that if I know what's "in your tank," I can provide optimum training. For example - if you want to eat like Michael Phelps, then I will also train you like Michael Phelps! And as a more common example, if you are dehydrated, then you can't train hard because your ligaments and joints can't handle it. And hydration is also important in digesting your food. (Fiber also helps with this.) Daily minimal water intake should be 3/4 gallon. However, if you take in more protein than average, you may need more water. Also if you fly more than average, more water is suggested. Basically what I want you to know is this - at H&H we are going to train you specifically for the personal goals that you set. But we need to know what you do outside the doors of H&H! So let's talk - and make sure that you make the most progress possible!

Let 2013 begin. "FIT NOT SKINNY." I can't wait! Yeepee!

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

**Creative Cardio Library**

**Lift those legs; twist that core; work your body!**



Beginner Cardio



Moderate Cardio



Advanced Cardio

**Christina's Kitchen**

**BBC Pinwheels ( ...in only 10 minutes!)**



8 whole wheat flour tortillas  
One package of low-fat cream cheese  
1/4 cup of

Ingredients

your favorite salsa  
Spinach leaves  
8 slices of turkey

Mix cream cheese and salsa together. Spread thin layer of cream cheese and salsa mixture on tortilla. Place spinach (even and flat) on tortilla. Put one slice of turkey on top of spinach. Roll up tight and enjoy!

**Grocery Shopping Pointers**

**What to buy and what to avoid**

The October 2012 online edition of *Runner's World* includes a comprehensive list of what to buy and what to avoid in the grocery store. While the author addresses runners, this nutritious advice will work for everyone. It's a long list, so this month the focus is on the produce section.

Just 60 minutes of your time and a pint of blood can save two lives. Your donation is always important, is always needed, and will always make a difference.

Church of the Resurrection-West  
24000 W. Valley Prkwy, Olathe  
Jan. 28, 2013 -- 2-8pm

Church of the Resurrection  
137th & Roe, Leawood  
Feb. 4 & 5, 2013 -- 8am - 8 pm



**Attention: Ladies!**



**The Great Bra Exchange**

Beginning Thursday, January 10, Clair de Lune Lingerie (in Hawthorne Plaza)

supports Hope House with the Great Bra Exchange. Bring in a gently used bra for Hope House domestic violence shelter and receive \$15 off a new bra for yourself. Now through February 3, 2013.



1. When it comes to produce, look for color. In general, the more colorful the fruits and vegetables, the more nutrients and antioxidants they contain. Look

for:

- RED -- beets, raspberries
- GREEN -- kale, avocado
- YELLOW and ORANGE -- sweet potato, mango
- BLUE and PURPLE -- eggplant, plums, blueberries
- WHITE -- banana, tofu

2. When to buy organic? If you're eating the outside (ex. apples), buying organic will limit your exposure to pesticides. If you're going to peel the produce (ex. bananas), regularly grown food is fine.

3. Be wary of these health food imposters:

- Pre-packaged fruit -- higher risk of nutrient loss; expensive
- Iceberg lettuce -- one of least nutrient-dense veggies
- Bottled smoothies -- too sugary and too expensive

Read the full article (or at least the first section on the produce aisle) for even more details on the specific benefits of these colorful fruits and vegetables. [www.runnersworld.com/nutrition](http://www.runnersworld.com/nutrition)

Next month it's on to the meat, fish and deli counter.

Source: *Runner's World*, October 2012. Article "Grocery Run" by [Matthew G. Kadey, M.Sc., R.D.](#) Published August 28, 2012.

**In case you missed it... KC Business Features H&H Clients**

**Mike Bukaty and Eddie Kennison: Success in and out of the gym**



Mike Bukaty

The December issue of *KC Business* features Mike Bukaty and Eddie Kennison -- hard workers in their businesses and at the gym! Both have found the balance to enjoy all facets of their lives -- family, friends, work, and community. And both also believe that a committed exercise program is important to their success. To see how they do it all, check out the full article in [KC Business](#) magazine. If they can find time to work out, so can you!



Eddie Kennison

Note: Photos are from the Dec. 2012 *KC Business* article, "Revival of the Fittest."

**Client of the Month**

**Vicky Leffert**

I have been working out with Christina in a small group at His & Her Fitness since shortly after it opened in 2006. It seems like I have worked out in some manner all my life. I have made exercise an important part of my life because I believe it helps me to stay balanced and keep my stress level down. So I am not the person that starts exercising to lose a few pounds and then quits. I am always busy, have a stressful job, and (like everyone else) have stress in my personal life at times. But working out is the one constant positive I can always count on to help refresh me and clear my mind.



While I knew a lot about nutrition and the proper way to exercise before coming to Christina, she added the extra push I needed to stay focused. She helped me pay more attention to everything I ate and she geared my exercises to help me reach achieve better results.

I am certainly not her most "ideal" client - I still make choices that I should not make when it comes to eating - but I have made improvements. (Unfortunately I love baking cookies and I still sneak those in more often than I should!) I also know that if I paid 100% attention to her advice that I would see fantastic results! No matter what I do, Christina is always with me. I see her face and hear her voice (saying "protein, fiber, starch") with every choice of food or drink I think about indulging in. And she stays with me after a hard workout where I pay for those eating mistakes. I call her the "gift that keeps on giving!" Even a couple of days later, my body still lets me know that I've been to see Christina!

I exercise in a small group twice a week, plus fit in a third weekly visit for a targeted cardio workout with JP. Christina and JP are awesome people and trainers. They always design workouts for me that are both challenging and rewarding. What I truly like about Christina and JP is that I never feel like a number. They care about me as a person and treat me with respect and kindness, while always looking out for my best health. Thanks to everyone at H&H for the honor of being chosen Client of the Month.

**Team Member of the Month**

**Amanda Turner**

It's so nice to be honored for doing something that I love to do. And my clients deserve much appreciation for all of their hard work. It is so rewarding to see my clients progress and improve their quality of life -



they are an inspiration to me.

Thanks to all of the trainers here at His & Her Fitness - Kellen, Ty, Tom, JP, and Billy (our newest team member). These guys are not only excellent trainers, but they are caring individuals and awesome to work with. I would also like to thank Ben Bolan, who has dedicated so much of his time to the studio, working on numerous projects and repairs. And, of course, I want to thank Christina, our owner/trainer/mentor, for dedicating herself to His & Her Fitness. She is always finding new ways to improve the studio and exemplifies the fitness lifestyle.

January 11th, 2013

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