



news



His & Her Fitness News

News From H&H

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HIS & HER FITNESS
NO EXCUSES

His & Her Fitness Newsletter February, 2013

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Christina's Corner

Positive feeds positive!



Christina and the boys -- Ty Juan, Kris, Tom, Billy and JP

January has been wonderful. Averaging seven new clients a week has been so much fun! As for the seasoned clients, it's always great seeing you set new goals and take your fitness to the next level. Positive feeds positive - that's for sure. And it's certainly true at His & Her Fitness!

I love this quote: "You never know when someone is falling in love with your smile." How about this change? "You never know when someone is falling in love with your passion for a balanced, healthy lifestyle." At H&H we really strive to improve our skills so we can help you improve, too. I am so happy that last month I was able to attend an eight-hour class for physical therapists - "Functional Training for Clients over 40." It gave me a chance to take things to the next level. In the class I learned that there have been some updated changes for exercise movements. H&H trainers will be implementing these changes to keep our clients on the healthy path.

I like to think of your body as a car - you need fuel (food), tires (joints and ligaments), oil (water/fiber), and an engine (muscles).

- Food - without it, you go nowhere

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Heart Health Month



Learn and LiveSM

February is national heart health month

Heart disease is the leading cause of death in the United States and targets people of all ages and backgrounds. Un-fortunately it takes the life of one out every four American men and women.

But every year, tens of thousands of Americans survive heart disease-related conditions. Knowing the warning signs and symptoms of a heart attack is key to survival.

These include:

- Upper body pain or discomfort in the chest, arms, back, neck, jaw, or upper stomach.
- Shortness of breath
- Nausea
- Lightheadedness
- Cold sweats

If you think you or a loved one is experiencing these symptoms, call 911 immediately. Every second counts! The good news is that today heart attack and stroke victims can benefit from new medications and treatments previously unavailable to patients. You can find more information on heart disease and its symptoms at www.heart.org.

Red Hot Night

Charity event for Children's Mercy Hospital

Christina and several H&H clients attended this year's "Red Hot Night" on Saturday, Feb. 2.



Ben Bolan, Christina and H&H friends

The charity dinner and auction raised money for Children's Mercy Hospital to support its mission to "Improve the health and well being of children by providing comprehensive, family-centered health care and committing to the highest level of clinical and psychosocial care, and to research, academic and service excellence." Last year's event raised over \$1,040,000 to support the new [Children's Mercy East](#), which opened October 22, 2012. The 2013 gala was another fun night for a great cause!



Bonus Cardio Interval

Add some diversity

Joints and ligaments - they will breakdown. The questions you have to ask are how quickly will they deteriorate if I perform exercises that are not good for them? And if I don't exercise, how will the muscle protect them?

- Water/Fiber - hello, energy machine! When you are hydrated, your joints are happy - less inflammation, your clean food will digest better, and your skin will be vibrant.
- Engine - we all know that the bigger the engine, the sooner it needs fuel, aka food. And for the food to digest, you need more water. And for your joints to be happy, you can't just train muscle groups. You need to pace your training so that the muscles don't break down too fast (from over-training and under-eating).

And finally, here are some foods to stay away from (if you're able!): ice cream, pizza, alcohol, and bread. Please note that a cheat here and there is not the problem - it's the large consumption of these foods that is. They are overly processed and that is what creates their problems. You also need to watch out for some waters - be sure to read the labels as some waters have added sodium and other things for taste. (You can add a cucumber or lemon on your own!) For example, Dasani has traces of MSG in smaller bottles and has even more in the large bottles.

Here's to more good work and more good eating in February!

Christina Larson

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

Creative Cardio Library

Cardio with your Valentine -- find a partner!



Beginner Cardio



Moderate Cardio



Advanced Cardio

Christina's Kitchen

Healthy snack -- turkey, spinach & artichoke hearts



Ingredients:

- 1 box (19 oz.) frozen artichoke hearts
- 2/3 cup chopped spinach
- 1 tsp lemon pepper
- 4 slices Ezekiel bread - Sesame sprouted whole grain bread
- 18 oz turkey
- 2 tsp coconut butter
- Brie cheese

Directions:

- Preheat broiler.
- Prep artichoke hearts per directions on the bag.
- Mix spinach and lemon pepper in small bowl.
- Melt coconut butter (in bowl) in microwave for 15 seconds.
- Spread melted coconut butter onto each side of Ezekiel bread.
- Place the bread in a medium-sized pan and toast in broiler.
- Let Ezekiel bread cool and cut each slice into quarters.
- Place artichoke hearts on toast quarters.
- Top each artichoke heart with spinach mixture, turkey, and brie.

Use cardio exercise to help keep your heart fit and healthy. You can add diversity to your cardio workouts with creative intervals. Try this quick cardio interval direct from Christina.



www.youtube.com/watch?v=cardiotip

Vitamin Sale!

Optimum Nutrition

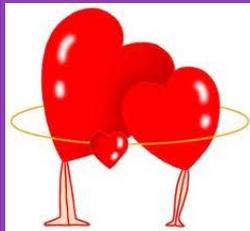
Now's the time to stock up on top-notch Optimum Nutrition vitamins for men and women.

Opti-Men is on sale for \$14.99, (regularly \$18.99).

Opti-Women is priced at \$9.99, (originally \$14.99).



Happy Valentine's Day!



Broil again until cheese melts -- about 1-1/2 minutes.

Grocery Shopping Pointers - Installment #2



What to buy and what to avoid

This month, in the second in-stallment of healthy grocery shop-ping tips from the October 2012 online edition of *Runner's World*, the focus is on protein. Here's some advice as you navigate the meat, fish, and deli counters at your local grocery store.

From the farmyard...

Consider the following: 1) organic meats cost more, but do limit your exposure to antibiotics and growth hormones; 2) grass-fed beef may be better for you, as indicated in a 2010 California State University study where researchers found it to be lower in saturated fat and richer in heart-healthy omega-3's and vitamin E (than conventionally raised cattle); and 3) free-range only means that the animals have access to outdoor spaces.

BEEF: Best buys = Eye, top, and bottom round; sirloin; flank steak; 90 or 95 percent lean ground beef. Avoid = Rib-eye, porterhouse, and T-bone steaks; 80-percent lean ground beef.

POULTRY: Best buys = Skinless chicken thighs; turkey legs. Avoid = Ground turkey; enhanced chicken breast.

PORK: Best buys = Pork tenderloin; boneless pork loin chops. Avoid = Premarinated cuts; pork blade chops.

Check out the entire article at www.runnersworld.com/nutrition to find out why these cuts are, or are not, recommended.

Fins, scales and shells...

Good (eat 2-3x per month) = tilapia, sea scallops

Better (eat 2-3x per week) = rainbow trout, wild smoked salmon, mussels

Bust (eat rarely or never) = imported shrimp, farmed Atlantic salmon, Bluefin tuna
Again, to get the reasons for these selections, go to the full article at www.runnersworld.com/nutrition. Also note that iPhone users can download apps to help them choose sustainable seafood with low contaminant levels.

Sliced and cured at the deli counter...

These are on the recommended list:

Turkey breast - it's virtually fat-free and a good source of protein.

Roast beef - a two-ounce serving contains just three grams of fat, 110 calories, and 19 grams of protein.

Canadian bacon - one ounce of this lean cut contains about a third of the calories of regular bacon and 11 fewer grams of fat.

Next month we'll venture into the center aisles of the grocery store and investigate some "pantry" selections.

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

Training the Trainers!



A professional educator shares his insight

Dr. Gerald Larson, Asst. Professor of Kinesiology and Chair of the Kinesiology Department at Avila University, is sharing his expertise with the His & Her Fitness team. Dr. Larson has a PhD in exercise physiology from the University of Kansas and more than 20 years of experience promoting health and performance. He also holds several specialty certifications in sport and exercise science.

Dr. Larson will meet with Christina and the trainers in four hour-long training sessions. Along with basic instruction, he will be discussing progressive exercise and the ways it can help create pain free motion. Ways to train clients with injuries will be another focus of the classes. The H&H staff includes accredited and experienced trainers (not practicing doctors, just to clarify...) who can combine the information from Dr. Larson with their own personal knowledge to benefit both themselves and their clients.

Direct from Christina -- More Grocery Tips

A few things to look out for...

It's easy to get confused at the grocery store by the variety of packaging and language options. With the help of your His & Her Fitness trainer, you can learn how to avoid most "marketing traps." We want you healthy and feeling great!

So look out for these "tricky" situations:

"Baked" - if you bake it yourself, that's awesome. But watch out for the dates on pre-packaged goods. If you can still eat it three months from now, how long will it stay in your lower abs?

Spinach dressing - always look at the small print. (It might say "includes bacon.") There are great tasting dressings that are smarter. Just ask your trainer.



Carrots - yes, they are healthy, but is there something better then eating like a rabbit? Carrots are high in sugar - as for me, I would rather eat a cookie.

100 calorie packets with "low cholesterol, low fat" - don't fall for this. These snacks will not make you feel awesome or have flat abs! There are better options - just ask us!

Sugar Free - okay, sugar-free oatmeal is awesome, but real sugar is always better then fake. Go for products with less than 10 grams of real sugar and you will be better off. Fake sugar has actually been known to increase your food cravings and can lead to cancer! No way is the label going to say that a product makes you overeat!

"Naked" - does not make your birthday suit look better! Typically these products do not contain enough essential protein and have so much sugar that you might as well eat ice cream! They're not a good option. Ask your trainer what would be optimal for you - and make you feel like you just had a smoothie!

Turkey - be sure to grab 99% lean, not 93%! I have done this too many times when I'm in a hurry.

"Skinny Cow" brand - an old friend of mine put this best: "Have you ever seen a skinny cow?" Enough said about that.

Fiber Plus - plus what? Be careful - this is not your best fiber substitute. Fitness fiber, which we carry at H&H, can be used 1-2x a day to make life easier - but don't just rely on a substitute. Real is always better. Fiber is key to helping with digestion of food! Don't be fooled by reading "fiber" on a label - you need soluble fiber for success!

"Naturally fat-free" berries - don't be confused. The marketing department is trying to distract you from how much sugar is in this product. Please be careful - look for less than 10 grams of sugar in this product and then you can have two berries... a great incentive to eat the real thing, not the processed one!

In summary -- **less**, not more; **natural**, not processed; **real**, not fake; and **read the labels!**

Clients of the Month

Jason and Christina Hoffman

Christina and I have both been working out at His & Her Fitness for just over two years. We have two children - Sydney (6th grade) and Brady (kindergarten). We have been very fortunate to work with Christina, Amanda, and Tom during this time. They have been great to work with and have tailored a program specifically to fit our needs. Our goal in working with H&H is not a short term fix, but to create a program that can be part of our everyday routine and become our way of life.

When I first met with Christina, I told her that I had had knee surgery when I was a senior in high school and that I felt that my knee had never fully recovered. With consistent strength training and exercise, my knee has never felt better. My wife (also Christina) started at H&H not too long after I did. She saw my results and wanted to try working with a personal trainer vs. doing it on her own. Now we're both grateful to the H&H team.



Team Member of the Month

Ty Juan Porter



I'm honored to be named the Team Member of the Month for February. I have set specific goals for myself this year, so receiving this award makes me feel like I'm starting off in the right direction. The positive reinforcement is great!

I have been working with Christina and following through with what I've learned -- and it's showing. My clients are seeing results and I'm so proud of them. And my co-workers help make His & Her Fitness a great environment to work in. I couldn't be in a better place! I'm off to a positive start and I'm looking forward to a successful year.

February is LOVE month at H&H!



2 great offers:

1. Your "significant other" can train with you one time -- at no charge
2. If you are currently training at H&H -- when you buy one massage, you can get a second one free

Offer expires March 10

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