



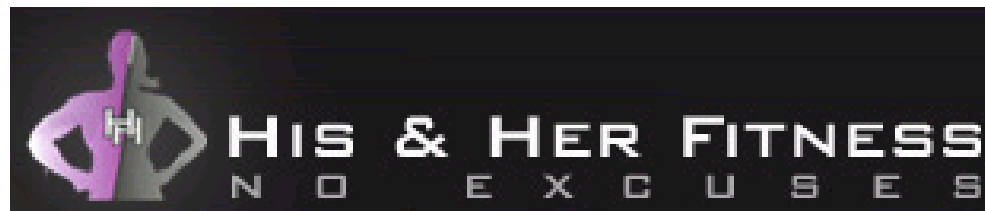
# news



## His & Her Fitness News

News From H&H

### Volume 5 Issue #3 March 2013



## His & Her Fitness Newsletter March, 2013

Volume 4, Issue #3

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### Christina's Corner



Christina and successful H&H client, Paige White

#### Keeping motivated

When I started as a trainer, approximately 10% of Americans completed the recommended amount of exercise. Today, nine years later, according to the February 19 article "Hard-Wired to Hate Exercise" by Shirley S. Wang in the *Wall Street Journal*, only 3.5% of Americans ages 20-59 get the recommended amount of exercise. (Check out the full article at [www.online.wsj.com/article](http://www.online.wsj.com/article).) What I have noticed is that while most people would like to work out with a trainer, many still try to do it themselves or with a boot camp. The same article also reports that a recent Iowa State University study indicates that people who continually push themselves to the point of discomfort, lose motivation faster. About half of those who start an exercise program quit within six months. At His & Her Fitness we take pride in our progressive workout

training - it produces results and helps to keep everyone's motivation levels high. Training results can include more than improved measurements - clients can also see heart rates dropping faster, higher energy levels, and changes in skin and hair. All of these factors combine to make clients feel "like new" and keep them working hard. Again according to the *WSJ* article, "Guilt is good... but not if someone else is doing the badgering. Guilt from within can be a motivator."

Of course my first question to any future client is, "Do you really want to be healthy?" Because at H&H we want to improve your overall health - and it's a slow, not a fast, process. It's not a quick fix -- it is a lifestyle. We will work to get you where you want to be. At H&H we meet with our clients 2-3x week, plus use texts, email, phone and social media to stay in touch. But we aren't with you 24/7. We have to trust your food journals and what you say you are doing for creative cardio. In the end, you make the choice on living a healthy lifestyle - but we're



## Arnold Sports Festival

### Christina attends the "Arnold" for ON



Christina Larson was thrilled to attend the 2013 Arnold Sports Festival in Columbus, OH on the first weekend in March. The "Arnold" is a 3-day event that includes 18 different fitness competitions and is the second largest sporting event after the Olympics. 220,000 people attended the festival and \$175,000 was given to children for individual sports scholarships.



Christina attended as part of the Optimum Nutrition (ON) team, working the ON booth and participating in an ON video. For Christina it was an experience of a lifetime and she can't wait to attend again -- should the opportunity ever come her way. With all of her competition experience, she still says "I have never seen anything like the Arnold."

## Alcohol and Your Weight



### How to minimize weight gain when you drink

There's a good reason why it's hard to lose weight and drink alcohol at the same time. Not only does alcohol add hundreds of calories to your diet, but it temporarily keeps your body from burning fat, according to Pamela M. Peeke, M.D., integrative medicine specialist and author of *The Hunger Fix*. And what's worse, says Dr. Peeke, is that "research has uncovered that alcohol especially decreases fat burn in your belly."

If you want to drink (and, of course, Christina usually prefers that you don't), Sunny Sea Gold reports four ways to help maintain your weight while still enjoying a drink in her article "How to Drink Without Gaining Weight" in the Feb. 13, 2012 edition of Health.com.

1. Always eat when you drink.
2. Know that some drinks make you hungrier than others.
3. Stick to a drink or two, tops.
4. Beware of that "starving feeling" the next day.

For much more information, please read

here to help you along the way.

### Christina's 10 reasons to stay healthy:

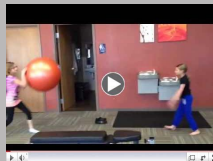
1. Prevention of disease
2. Feel good
3. Great skin and hair
4. More energy
5. You can still walk!
6. You can tie your shoes
7. Better balance (So you don't fall!)
8. Less pain
9. No blood clots
10. Positive person

### Christina Larson

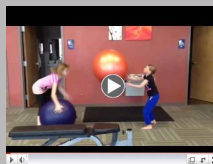
Owner / Trainer MCPT-PFI / ON and ABB Sponsored Athlete

## Creative Cardio Library

### Try your cardio with a bounce and a ball...



Beginner Cardio



Moderate Cardio



Advanced Cardio

## Christina's Kitchen

### Protein Bars - Homemade! (A treat from Billy Finholm)

#### "Dry" ingredients:

- 2 cups oatmeal
- 1 cup protein powder (any flavor)
- 1/4 cup shaved almonds
- 1/4 cup dried cranberries
- 1/2 tablespoon cinnamon

#### "Wet" ingredients:

- 1/4 cup all natural honey
- 1/4 cup almond milk
- 1/4 cup all natural apple sauce
- 1/4 cup 70-80% dark chocolate chips
- 1 teaspoon vanilla extract

Mix "dry" ingredients together.  
Mix "wet" ingredients together and microwave for 30 seconds.  
Now combine all ingredients.  
Cover bottom of 8 x 8 pan with wax paper.  
Put mixture of ingredients into the pan and spread evenly.  
Place in refrigerator for 1 hour.  
Cut, serve and enjoy. (Remember to remove wax paper!)  
-- Recommend cutting 8 protein bars for this serving size...



## Grocery Shopping Pointers - Installment #3

### What to buy and what to avoid

the entire article at  
[www.magazine.foxnews.com](http://www.magazine.foxnews.com)

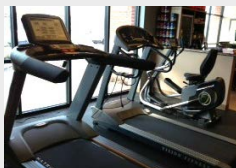
## New Equipment at H&H!

### Three new machines

Just in case you were bored with your current workout routine, His & Her Fitness has added three new exercise machines -- a lat pull-down machine, a treadmill and an exercise bike. Make sure your trainer gives you all the info you need to make the best use of this great new equipment.



Stacie Kamberis tries the lat pull-down machine



New treadmill, old treadmill and bike.  
And the new treadmill has a fan!

## Shoveling Snow?

Did you know that "a person who weighs 150 pounds would have to shovel snow for an hour and a half to burn off one piece of apple pie? Opt for a small cookie



instead and save the calories."

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



This month includes the third installment of the series on healthy grocery shopping tips. As in previous months, the tips come from an article in the October 2012 online edition of *Runner's World*. This month's focus is on the center aisles of the grocery store and the "pantry" options -- specifically pasta, bread and cereal.

### Pasta

1. Look for whole grains. Whole wheat, brown rice, buckwheat, spelt or other types of whole grains should appear first in the ingredient list.
2. Get 5 grams of fiber and 6 grams of protein per 2 oz. serving.
3. Best buy = Barilla Whole Grain Linguini.

### "Bread" goods

1. Multi-grain bread is out; 100% whole grain is in. (Multi-grain bread is often made of enriched flour or wheat flour which lacks the fiber and vitamins of 100% whole grain flour. The first item on the ingredient list should be a whole grain.)  
Best Buy = 1 slice of Arnold 100% Whole Wheat Bread
2. Spinach wraps are out; corn tortillas are in. (Many spinach wraps are made of refined white flour and contain little of the actual vegetable. 6-inch corn tortillas made with whole corn flour are higher in fiber and lower in calories.)  
Best Buy = La Tortilla Factory Fiber & Flax Corn Tortillas.
3. Bagels are out; Whole-wheat English muffins are in. (100 percent whole-wheat English muffins contain less than half the calories of and more fiber than most bagels.)  
Best Buy = Thomas' 100% Whole Wheat English Muffins.

### Hot cereal

1. Old-Fashioned Rolled Oats -- cooks up quickly without the sugar overload found in flavored instant brands.  
Best Buy = Quaker Old Fashioned Oats.
2. Hot Multigrain Cereal -- the healthiest choices contain fiber-rich whole grains and no added sugars.  
Best Buy = Arrowhead Mills Organic 7 Grain Hot Cereal.
3. Brown Rice Farina -- made of finely ground whole-grain brown rice; it's fast-cooking and easy to digest.  
Best Buy = Bob's Red Mill Organic Brown Rice
4. Instant Steel Cut Oatmeal -- these packets are just as convenient as regular instant oatmeal, but provide more fiber, no added sugar, and a rich chewy texture.  
Best Buy = Country Choice Quick Cook Steel Cut Oats.

### Cold cereal

1. The first ingredient should be a whole grain. If any sugar (cane juice, dextrose, rice syrup, etc.) is near the top of the ingredient list, or if it includes hydrogenated oils, skip it.
2. Choose a cereal with fewer than 10 grams of sugar per cup.
3. Go with brands that pack five grams of fiber or more per cup.

If you'd like even more information, please review the entire article for more detailed information on these shopping tips at [www.runnersworld.com/nutrition](http://www.runnersworld.com/nutrition).

Next month we'll finish the pantry aisles with dressings and canned goods.

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

## H&H Client Honored by United Way

### Roshann Parris earns Adele Hall Spirit of Caring Award

At its Annual Meeting and luncheon on March 5, the United Way of Greater Kansas City honored Roshann Parris with the 3rd annual Adele Hall Spirit of Caring Award. This award recognizes an individual who exemplifies the extraordinary compassion and selflessness of Adele Hall by demonstrating their own passion for United Way work in education, income and health. In presenting the award, former Board Chair and Leawood Mayor Peggy Dunn said that Roshann's contributions to United Way agencies throughout the region "would take all day" to list, and that Roshann "has given with great compassion and generosity." Many congratulations to Roshann from Christina and the entire H&H family.



## More Grocery Tips -- Direct from Christina

### Don't be tricked by these...

Continuing last month's discussion, here are more grocery shopping pitfalls from Christina and the His & Her Fitness trainers. Avoid them on the road to your



happy and healthy lifestyle.

**Veggie Stix** - so you're thinking VEGGIE? But where is the fiber? There are 0mg fiber in this product.

**Freezer Dried Crunchies** - the package says "no sugar added, 6 servings of fruit, no fat, only 25 calories per serving." Do you think that you will be satisfied with just one bite of Crunchies... nope, just eat 15 real berries and be truly satisfied.

**Bar Harbor Blend - 100% natural snack mix** - this is great if you're looking to bulk up your fat cells. And it's perfect for the thick thighs that everyone wants by the pool. (Wink, wink.) With just three teaspoons, you too will have cellulite on your glutes and thighs - so I suggest avoiding this product.

**100% organic juice** - this drink has 22 grams of sugar that will look great on your lower abs (Not!) and will not give you any sustained energy. Yes, and it only takes one second to drink and start to build that fat on your lower abs.

**Whole Wheat/Whole Grain Pasta Shells** - with two ounces of this, you will also take in 41 grams of carbs. Ask your trainer to make a per meal recommendation for you. (I usually take in about 30 per meal. I do have seven meals a day though and have a non-sedentary lifestyle.)

**Frosted Wildberry Toasters by Nature's Path** - just saying... I have never seen this pastry in the woods before. There are 18 grams of sugar in just one toaster - don't be tricked by the packaging. There are two toasters per package... and even 18 grams of sugar will go directly to your lower abs.

**Special K Pastry Crisps** - this is what I like to call trigger food. There are so many additives for taste in this product that you will want the entire box. Be careful!

**Sparkling Ice drink** - just between us, the only sparkles I like are diamonds! They are forever. Unfortunately so are all the preservatives in this flavored water. Instead, just mince some berries, limes, lemons or cucumbers and flavor your own water. It tastes better and it's not going to last forever in your body.

**Coca Cola** - I believe that anything I can use to clean my car battery is not something I should put in my clean tummy! And please read the article on the issues that can be caused by diet soda at <http://www.nytimes.com/2008/02/05/health/nutrition>.

**Power Grain Waffles** - don't be fooled. The power these provide only lasts for a few minutes due to their high sugar and fat content.

**Sandwich Petals** - I saved the best for last. Soy-Free. Egg-Free. Gluten-Free. Nut-Free. Again... what the heck is actually in this product? Lots of preservatives... read the ingredients, if you can.

We are all trying to be healthy and to eat healthy. So don't fall for something that's not good for you. Savvy marketers are selling you on taste, color, low carbs, low fat, low sugar, low calories, and more. Don't be tricked by the packaging. When in doubt, call us. Team H&H wants you to feel good!

### Client of the Month

#### Brenda Hehr



Workout partners Debbie Hardy and Bob Hite pose with Brenda

I have been a client at His & Her Fitness for six years - and it just keeps getting better and better.

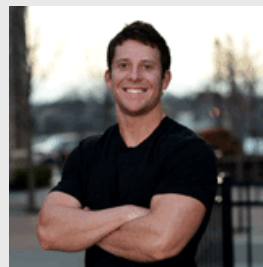
Before I came to H&H, I had tried other types of exercise over the years. But at that time I had several physical issues. I had knee problems that required cortisone injections, and I had considerable back pain which led to physical therapy, anti-inflammatory medicine, and (at times) pain medications. An acquaintance directed me to Christina and my exercise routine with her really changed my life. Not only did I lose some weight, but I immediately got relief from the back pain. All these years later my knees are much stronger and my energy level is high. And the eating style recommended by Christina has really simplified my life.

All of my family and friends know how important my continuing training at H&H is to me - not only has it have improved the quality of my life, but I have so much fun with my workout friends!

### Team Member of the Month

#### Billy Finholm

I am so grateful and excited to be named the Team Member of the Month. I have been working at His & Her Fitness for a little over three months now and I have learned a lot. The H&H team that I am surrounded by is amazing - and they are always there when I need them. Our team leader, Christina Larson, has done a great job with all of us trainers and is bringing us closer and closer as a team. I would like to thank my brother, Tom Finholm, for always answering my questions - even if the question deals with JP and what he did with his hair. (Who knows? ...and I'm not asking him.) And I would like to thank my other H&H teammates - Amanda, for always having a smile on her face (a smile that reflects on her clients in a very positive way); Ty, for always being a positive trainer and making people feel comfortable and at home when training; Kellen, if you know Kellen then you know he is easy going, easy to approach and always making people laugh - traits that make the His & Her atmosphere that much better. And last but not least, there is JP. I don't know exactly what to say about JP - he is a great trainer and knows his stuff. (But don't tell him I said so...)



Overall, His & Her Fitness is a great place to work and I look forward to the future with both my clients and my new trainer family. Come into His & Her Fitness and let's make and break some goals!



March 10th, 2013

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