



news



His & Her Fitness News

News From H&H

Volume 5 Issue #4 April 2013



His & Her Fitness Newsletter April, 2013

Volume 4, Issue #4

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Christina's Corner



Building a better community

I am grateful that His & Her Fitness has been nominated by the Kansas City Star as one of the top ten small businesses in KC for two years in a row. It's because of clients like you that we have not gone unnoticed. As the owner of His & Her Fitness, I appreciate this city so much. I love that team H&H not only gives back to our clients, but also gives to many charities throughout KC. I have yet to decline a charitable contribution for a free training session or free massage that also comes with an H&H gym bag or reusable grocery bag. Two of our trainers, Kellen Bownlee and Ty Juan Porter, coach youth teams in the KC area and I've been known to drive hours to speak to youth in the KC metropolitan area. And we can't forget what we

are best known for - our annual [Eight Weeks to Greatness](#) program.

It makes me feel so good when I discover that young people I have spoken to are following me years later on Facebook, Twitter, and more. Basically, what I am trying to say is, you never know when you are changing a life and pointing someone in a new and better direction. We all know actions speak louder than words. Are you healthy and shooting to be healthier every day for the right reasons? Personally, I stay healthy because I am a leader. I feel blessed to help others while being who and what I love to be -- fit, happy, and healthy. You will not be fit living on doughnuts; you will not feel awesome living on sugar -- period. (And I'm not telling you anything you don't already know.) H&H's job is to help you fight what society has made the norm - and the norm is now NOT healthy. Can a girl get a grilled chicken breast at the movies? No. Can a girl go to a vending machine and have a Protein bar instead of a candy bar? Not yet.

Like us on Facebook 

Cardio Classes Begin

Join the cardio fun!



Debbie Hardy, Stacy Jegen and Christina keep it moving in a creative cardio workout.

H&H is now offering creative cardio classes! Stacey Jegen, former Chief's cheerleader, will be leading the weekly classes. Each class will run 40 minutes - a 5 minute warm-up, 30 minutes of creative cardio, and 5 minutes of stretching.

Here's the weekly schedule:

Monday - 9:15am
Tuesday - 9:15am and 1pm
Wednesday - 1pm
Thursday - 9:15am
Sunday - 7pm

You can sign up at H&H. Packages are priced as follows:

12 classes at \$15 each (\$180)
18 classes at \$12 each (\$216)
24 classes at \$10 each (\$240)
(More times may be added later based on client requests.)

Find a friend and join the group. Make your cardio workout productive and fun.

Christina's Facebook Challenge



Check out H&H's Facebook page

This month let's spice things up with a Facebook challenge. As many of you know, I can see how many people view all of the posts on the His & Her Fitness Facebook page. So this month, let's see who can get the most views, comments, and "likes" from a post on our page. It's my "positive feeds positive" goal for the month. I'll send some love to the person with the most views and give them a container of Optimum Nutrition Hydrowhey. (Yup. That's the good stuff!)

It will be easy! To get you started, here are a few positive posting suggestions:

- Great workout with my trainer today @tom finholm @kellen brownlee @billy finholm @tyjuan porter @christina larsen @amanda turner @jp lamunyon
- Thanks H&H! I lost 30lbs and have kept it off for 3 years!
- I am 60 and #fitnotskinny
- My favorite shake is the one my trainer made for me... if you want one, join me. #HH
- I was inspired to train by @tricia wilmes "8 Weeks to Greatness." #HH
- H&H worked with my schedule even though I was traveling this week. Love it!

BVSW Soccer

Energy!

Last week Christina did a demo

So for now we all just have to be the best fitness examples that we can be - in the gym, at home, out on the town, and all around our great community. The entire H&H team is here to help you. Who knows whose life you might change?

Christina Larson

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

Creative Cardio Library

It's spring! Take your cardio outside!



Beginner Cardio



Moderate Cardio



Advanced Cardio

Christina's Kitchen

Stir fry with peppers and potatoes

2 chicken breasts - cubed
2 tsp olive oil
Amino spray (from Whole Foods)
1/4 cup lime juice
2 tsp garlic powder
1 cup frozen peppers
1 potato - chopped



Coat the wok (must use an actual wok!) with 2 tsp olive oil. Heat wok on medium. Spray each cube of chicken with liquid amino -- just once. Combine garlic and lime juice; then mix in chicken cubes. Place seasoned chicken cubes in wok and cook fully. Add frozen peppers and chopped potato. Fully cook for 10 minutes. Serve and enjoy!

Grocery Shopping Pointers - Installment #4

What to buy and what to avoid



This month is the fourth installment of a series on healthy grocery shopping tips. These suggestions come from an article in the October 2012 online edition of Runner's World. This month's focus continues down the center aisles of the grocery store and the "pantry" options -- things in jars and cans, soups, and dressings.

Nutritious favorites in cans or jars:

Try these "canned" goods to add extra nutrients (proteins, vitamins, fiber and/or antioxidants) to your meals -- canned sardines, salmon and chicken; salsa verde; roasted red peppers; black beans; applesauce; canned butternut squash; fire-roasted tomatoes, and pineapple chunks.

Recommended soups:

1. Health Valley Organic (w/ 40% Less Sodium) Italian Minestrone
 2. Progresso Light Zesty Santa Fe Style Chicken Soup
 3. Pacific Organic Free Range Low Sodium Chicken Broth
- (Use this one as a base for homemade soups or instead of water to cook rice or quinoa.)

for the BVSU varsity girls soccer team. And dropped off refreshments -- ABB Hydro Durance (with less sugar than Gatorade!) Great hydration for young athletes! Smiles all around.



Top 10 Small Businesses

H&H is honored

His & Her Fitness took part in the the KC Chamber's 27th annual Small Business Celebration on



March 21. The event is one of the largest of its kind in the nation and offers visibility for Kansas City area

companies working to build their reputation in the community. In addition H&H was included as part of the *KC Star's* article on the small businesses vying to be one of the companies nominated to the KC Chamber's "Top 10 Small Businesses" list.

Re-Think Your Drink

Look out for sugar!



Pay attention to your liquids -- so many drinks contain lots of sugar. As you can see above, the only drink with no sugar is the water! When you drink up, be sure to drink smart!

SHOP SMART! Many broths and canned soups contain nearly a day's worth of salt. Be sure to check the labels to find choices with fewer than 500 milligrams per serving.

Dressing suggestions:

1. Choose vinaigrettes - they're a better option for "good-for-you fats" than creamy dressings.
 2. Keep it simple - look for a short ingredient list with real foods.
 3. Count calories - no more than 70 calories per 2 tbsp serving.
 4. Check sodium - keep it below 200 milligrams per serving.
- BEST BUY** = Bolthouse Farms Olive Oil Classic Balsamic Vinaigrette. (It hits all the key criteria.)

Oils and Vinegars:

Best for salads = extra virgin olive oil, hemp oil and balsamic vinegar.
Best for cooking = canola oil, avocado oil and rice vinegar.

Flavorful Condiments:

1. Dijon mustard - look for brands without sugar and no more than 120 milligrams of sodium per teaspoon.
2. Ketchup - splurge on organic, which has up to 60 percent more lycopene. Keep it under five grams of sugar and 180 milligrams of sodium per tablespoon.
3. Horseradish - brands with the word "sauce" in the name often contain sugar and low-quality oils. An ideal ingredient list includes only grated horseradish, vinegar, and salt.
4. Sriracha - avoid versions with more than 100 milligrams of sodium per teaspoon or with food coloring in the ingredient list.
5. Mango chutney - choose brands that list mango before sugar in the ingredient list.

The Perfect Spaghetti Sauce

Meet these requirements and you'll find a great healthy sauce:

1. No more than 400 milligrams of sodium per half-cup serving.
 2. 4 grams of sugar or less per half-cup serving. (The sugar should just come from the tomatoes themselves.)
 3. 2 grams of fat or less per half-cup serving. (Skip the creamy white sauces which have the most saturated fat.)
- BEST BUY** = Eden Organic Spaghetti Sauce, with vine-ripened organic Roman tomatoes, extra virgin olive oil, and organic basil, oregano, and garlic.

And watch out for these health-food impostors:

1. Fat-free dressings - fat is often replaced with sugars or other fillers, so fat-free dressings may contain nearly as many calories as regular versions. Also, we all need some fat to help our bodies absorb vitamins and antioxidants.
2. Vegetable oils - made from corn, soybean, or cottonseed, these heavily refined oils are high in inflammation-causing omega-6 fatty acids.

As always, please review the entire article for even more details at www.runnersworld.com/nutrition.

Next issue we'll finish the pantry aisles (it's a big section!) and check out spreads and sweeteners, baking helpers, plus seeds, nuts and staples.

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

Power-Lifting Brothers

Tom and Billy Finholm



Overall champion,
Billy Finholm

It's a powerful family! Brothers (and fellow trainers at His & Her Fitness) Tom and Billy Finholm each took home first place honors at a power-lifting meet held in Olathe, KS in late March, topping more than 25 other competitors. In addition to placing first in his class, Billy took home the top award for the meet -- he was the overall winner! Tom came in first in his class, too, and placed second overall -- just behind Billy. They were an unstoppable duo!



Tom and Billy Finholm

Learn How to Tone Your Legs

H&H featured in article in *Good Health KC*

Check out the article in the spring issue of [Good Health KC](#) (page 24) to see how Christina and His & Her Fitness can help you get in shape for spring. Get ready for legs, legs and more legs! Warm-ups, squats and lunges are all part of a good leg workout. And don't forget to stretch out all those muscles when you're done. Long, lean leg muscles help you look your best in summer's shorts and sundresses. (And guys -- toned legs will help you look fit in your summer attire, too.)

Note: Photo is from the Spring, 2013 *Good Health KC* article, "Spring in Your Step."



Client of the Month



Shelley Whipps

I am SO excited to be chosen as the His & Her Fitness Client of the Month! If there were such a thing, I would choose Christina and JP as "Trainers of My Life!" Thank goodness, six months ago, I found this wonderful place called His and Her Fitness!

I am a nurse, and also love being competitive in both tennis and golf. So you'd think I would be a healthy athlete! Wrong! My diet had gotten so sloppy and I was playing my sports for exercise (when I should have been exercising for my sports!)

The awesome doctor that I work for (plastic surgeon Dr. Mark McClung) donated a gift package for the His & Her Fitness "8 Weeks to Greatness" winner. At work, as I was reading about the gift package and the past H&H "8 Weeks to Greatness" winners, I was so inspired that I knew that I had to go there to work out! I emailed Christina on Tues., October 2nd... and had my first workout the very next day! The subject of my email was "help!" And "help" she and JP have!

I started with the expectation of losing weight and firming up -- and the reality of it all is that I have gained so much more! I have lost 32 pounds and 25 inches, but I have gained knowledge, confidence, pride, energy and muscles that I never knew I had! I feel fit and healthy. And honestly, it has been relatively easy and fun! Christina and JP have encouraged and supported me (through 7 trips and the holidays!) and have been excited for me as I succeeded and met my goals! They have been wonderful! I couldn't be more excited for what's to come - the big 5-0, more undiscovered muscles, and who knows what else! I feel better than I have felt in 20 years, and I now know that if you eat right and work hard you will feel good. I would encourage anyone thinking about starting - just call; those of you who have worked out and stopped - get back and do it again; and for those who work so hard and are fit and healthy - keep it up, because you inspire me each week to work harder!

Thanks, Christina and JP, for everything!

Team Member of the Month

Tom Finholm

I have been a personal trainer at His & Her Fitness for almost 3 years now. I chose to make my career path as a personal trainer so that I could go out and do something that I really believe in each and every day. Christina Larson at His & Her Fitness has given me the opportunity to do just that -- and I am very thankful to her for the opportunity. It means a lot to be named "Team Member of the Month" because we have a lot of very talented and team-oriented members at H&H.

Being a personal trainer gives me the experience to change people's lives in a very unique and personal way. I enjoy meeting new people and helping them with their journey to reach the goals they've set for a healthy life style. I take pride in looking back at all the clients that I have had, knowing that I have helped change their lives in a very healthy and positive way.



April 11th, 2013

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