



news



His & Her Fitness News

News From H&H

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Christina's Corner

Get out! Get healthy! Have fun!

We made it! Spring and sunshine are finally here. Let's do this H&H family - it's time! Positive feeds positive! Get out and share your health! Team H&H has been playing volleyball on Friday nights - so come on out and watch. (Several clients have already been a great help with volleyball!). You should also get out to the local farmer's markets, the Plaza and Union Station. Rock that creative cardio with your family and friends. (For ideas, you can check out a wide variety of H&H cardio suggestions at www.youtube.com.) I would love for any of you who are Facebook savvy to tag us in your pictures this month - show everyone what it's like to be out having fun and being healthy. Show us the H&H way! Grilling, biking, flying a kite, creative cardio with friends, and more - let's do this! Together we can share the positive energy of a healthy, fun lifestyle with others. Real food, real people, real fitness, and real smiles. H&H takes pride in building a healthy lifestyle - every day. We want happy days, happy years, and a happy you.



Christina Larson

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

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Good-bye to Amanda

A sweet farewell from H&H

As many of you know, our sweetheart Amanda just got married and has now now been surprised by her husband's new job offer in Colorado. Everyone that knows Amanda agrees that she is, and always will be, a perfect fit for the H&H family. We love her very much and want to send her many prayers for her new journey and marriage. We'll miss you, girl. Please swing by when you're back in town and give us all a hug. (Amanda has always been known for the best hugs!) Your clients have had great success and will continue to do so. Thanks again for everything and best wishes to you. We miss you already! Xoxo!



The Harlem Shake...

H&H style!



The Harlem Shake at H&H!

Produced for your entertainment by H&H client, Bryan Larson.

H&H Facebook Challenge

Dane is the winner!

Creative Cardio Library

Step it up!



Beginner Cardio



Moderate Cardio



Advanced Cardio

Christina's Kitchen

Fiber pancakes!

- 4 egg whites
- 1/4 cup oat bran
- Dash of cinnamon
- Dash of pumpkin spice
- 1 tsp of stevia

Mix all ingredients together in bowl with fork
 Spray Pam in a small pan.
 Pour in mixture.
 Cook on medium heat -- with a lid.
 Flip pancake when edges turn brown.
 Serve topped off with your favorite berries and 1 tsp of almond butter.



Great for breakfast or a snack!

Watch Out for Sugar

We love it, but it's not good for us

"Sugar is Killing Us" is a campaign to spread information about the negative effects of sugar and help empower people to make better food choices. You can find out more by watching the video and going to www.facebook.com/SugarIsKillingUs.

Sugar is Killing Us



Sugar is Killing Us

Kellen Brownlee and H&H Support Youth B-Ball



Kudos to Dane! He received the most Facebook comments on the H&H home page and gets to take home the ON Whey Protein.

Check Out a Local Market

Lots of bargains; lots of fun



H&H

suggests that everyone get out and check out a farmer's market. The produce is great and so are the prices! At the River Market, Christina bought peppers at only \$1.00 for 3, plus a large case of strawberries for just \$2.00. And, of course, beautiful flowers are available! So go out and have fun!

H&H Client Sells Business



Congrats!

Congratulations to Christina's client, friend and mentor, Michele Stauffer. In April, Ms. Stauffer sold Kansas Aircraft

Corporation, the aircraft sales firm she founded in 1990. She will remain on staff after the sale.

Kids to Kings love to play ball



Thank you H&H for your generosity!

H&H trainer Kellen Brownlee coaches his son and seven other nine-year-olds on the team Kids to Kings (K2K, for short) -- a KC youth basketball team. The boys play tournament basketball for nine months during the year. And they love their H&H gym bags!

Team H&H Plays Volleyball

Fun on Fridays



Tom is the "spike-a-nator"

Join the fun on Fridays. Come and cheer for the His & Her Fitness volleyball team when it plays at Volleyball Beach (located at 13105 Holmes Rd in Martin City) on Friday nights at 7pm. The team's current record is 10 wins and 2 losses -- with more good times to come.

Clean Eating Is Always Best

Something to think about



Warrior Dash

An H&H client toughs it out

Tough-minded and hard-bodied participants took part in Kansas City's Warrior Dash on April 27 - 28. Billed as "the world's largest obstacle race series," each course covers 3.01 miles and includes multiple obstacles -- basically it's a "5k mud run." Proceeds from the races benefit St. Jude Children's Research Hospital.

H&H client Erin Sterling was asked by a friend if she wanted to run in this year's Warrior Dash. After doing some research, Erin decided to participate. She explains that she wanted to do something that would challenge her and give her the nudge she needed to get back into a healthy lifestyle. With the help of everyone at His & Her Fitness, she says she regained her confidence and continued to push herself when she wanted to give up. To H&H she says -- "I couldn't have done this without you guys!" And to Erin we say -- "The honor is all yours! Congratulations!"



Jeanne with grandsons, Ryan and Ben

Her Fitness after seeing how much it had benefited her. The next thing I know Tom Finholm is calling me to schedule a consultation and now, almost nine months later, I am in the best shape of my life!

I have never been athletic, so seeing Tom for the first time was a little intimidating. But he is very good at training, cares about my progress and immediately put me at ease. I am now training with Tom two to three times a week and I look forward to each session. I love my creative cardio (which I can do at home) and I have learned to eat clean -- and actually like it! I no longer need ibuprofen or my knee brace, I have lost the 30 pounds, my blood pressure has dropped to normal levels, I can gracefully get up from a chair, and most important of all, I can get down on the floor to play with my grandsons and get back up again! Many thanks to Tom, H&H, and my fit friend, Debbie.

Team Member of the Month

JP LaMunyon

It was great to learn that I was chosen "team member of the month," but it was even better to hear that Billy was not...

I have been working as a trainer at His & Her Fitness for close to a year now and enjoy being a part of everything that H&H is all about. All the clients and trainers make my "job" not feel like a "job," and make for a fun place to go to work every day. There's honestly no real competition to what the H&H team has to offer and that makes everything much more fun. Christina has done an awesome job creating a great atmosphere that allows both clients and trainers to succeed.

My motivation is seeing my clients reach their goals -- and of course, Tom. (Just a little inside joke for those of you who are around us a lot...) Did I mention that Tom is a great trainer and the best of the Finholm sons? Kidding aside, I look forward to what H&H holds in the future and the continued success of our awesome clients. Lastly, I would like to give a shout out to Tom and say thanks for all you do.



It's 60% training and 50% of the food that goes into your body. 110% every day.

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