



news



His & Her Fitness News

News From H&H

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His & Her Fitness Newsletter June, 2013

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Christina's Corner

Revising H&H

That's right. Have you noticed? We are checking out some new ideas at H&H -- and of course we want your input. In fact, we've already got a few things underway based on client requests!

Some new clients have asked that a printed "menu of services" be available to help them get things started. And we will do that. New clients also receive a follow-up call within 24 hours of their first workout to see how things are going. But what else can we do for your success? Please let us know.

For the first time, we've made plans to feature the continued success of our "8 weeks to Greatness" winner in HERLIFE magazine. Last fall Tricia Wilmes lost 38 lbs in 8 weeks -- and has kept it off. And hello! that's what many of you have done as well. You've maintained a healthy lifestyle and kept that weight off! (Read Tricia's story at www.hisandherfitness.net/8weeks.)

And this year we've also added creative cardio workouts. Each week Stacy Jegen, former Chiefs cheerleader (and mother of two awesome boys), finds new ways to increase your heartrate and work your body at the same time.

Thanks to everyone for the great feedback. H&H has a solid core of amazing team



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New Trainer at H&H



Introducing EJ Walter

EJ Walter is the newest addition to the His & Her Fitness team. He is a recent graduate of Drake University, where he played college football. Locally he attended St. Thomas Aquinas High School -- and has been Christina's neighbor for ten years. EJ shadowed Christina for 60+ hours and has now started working with his own clients. He's off to a great start!

Birthday Celebration

Chandra Bell has a party

Chandra Bell is one of the original H&H clients. So it makes sense



Greg O'Brien and Chandra

that when she turned 40, her birthday celebration included several H&H clients and trainers. It's always great to see the friendly relationships that develop at H&H. And for fun, Chandra gave prizes for the "brightest" guests -- trainer Ty Porter won for his orange shirt!



Chandra, Christina and MJ Lang

Meet the Marines

New friends

members -- trainers, massage therapists, coaches, and even a writer -- with diverse skills to help all of our clients (and H&H!) be successful. We are super-excited to take H&H to the next level -- and are always happy to do the best we can for you. Whoop, whoop! We're already halfway through 2013. Let's do this!

Christina Larson

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

Creative Cardio Library

Move those legs!



Beginner Cardio



Moderate Cardio



Advanced Cardio

Christina's Kitchen



Zesty salad

Salad:

- 1 cup spring mixed greens
- 3 raw asparagus spears
- 5 cherry tomatoes
- 1 boneless, skinless chicken breast - grilled

Dressing:

- 3 tsp extra virgin olive oil
- 3 tsp balsamic vinegar
- Dash thyme
- Dash garlic powder
- Dash pepper

Combine dressing ingredients in small bowl. Squeeze juice from lemon wedge into dressing and mix again. Drizzle over salad.

Enjoy a fresh and clean summer meal!

H&H Client Is a Lucky Fan

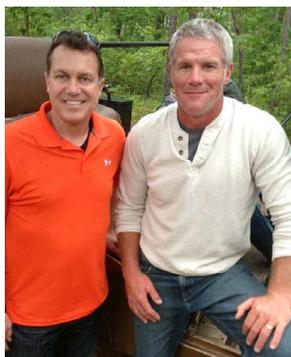
Bill Lynch meets Brett Favre



Kitty Deen

Kitty Deen, Christina and their Marine friends

and Christina made some new Marine friends while playing volleyball one Friday night. The Marines were out recruiting and the result was a pull-up contest. Always competitive, the H&H team may have done a little recruiting of their own!



Bill Lynch and Brett Favre

His & Her Fitness client and life-time Green Bay Packer fan Bill Lynch was thrilled to meet former Packer quarter-back Brett Favre this spring. Favre is returning as the spokesperson for Wrangler jeans and Lynch was invited to attend a commercial shoot for the jeans at Favre's property in Mississippi. He was even lucky enough to catch a pass from the NFL great! Bill's trainers, Kellen Brownlee and Christina, couldn't be prouder of Bill's success -- in and out of the gym!

Exercise Is Good for the Brain, Too

Exercise can help fight dementia

In her April 15, 2013 story for NPR "How Exercise and Other Activities Beat Back Dementia," Patti Neighmond reports that researchers have found that exercise can help reduce problems with memory and thinking. And that's good news as today more than half of 85-year-olds suffer from some form of dementia.

What can you do to improve your chances against dementia? Neuroscientist Art Kramer, who directs the Beckman Institute for Advanced Science and Technology at the University of Illinois, has a number of suggestions. Kramer says the most important thing you can do is exercise. According to his study of 120 older adults, those who started a program of moderate aerobic exercise (just 45 minutes, three days a week, mostly walking) showed an actual increase in the volume of their brains after a year.



Rachel Whitmer, a researcher at Kaiser Permanente in Northern California, agrees that it's important to exercise your body to ensure the health of your brain. But for her it's not just about the exercise -- it's also about "maintaining good blood pressure, levels of cholesterol and a healthy weight," and remembering that "what's good for the heart is good for the brain."

And Neighmond also reports that brain challenges (games, new projects), friends, social activities, "brain food" (those rich in omega-3 fatty acids or anti-oxidants) and simply getting out of the house can also be beneficial.

Check out the full article at www.npr.org/blogs/health for even more information.

Grocery Shopping Pointers - Installment #6

What to buy and what to avoid



This month our series on healthy grocery shopping tips continues with a list of items from the freezer and refrigerator sections. The recommendations come from the October 2012 online edition of Runner's World. You can find the full article at www.runnersworld.com/nutrition.

The DAIRY section

Don't overlook daily dairy products as part of a healthy diet. A Canadian study found that people who exercised daily and ate a high-dairy, calorie-controlled diet for four months lost fat and gained muscle.

- **Breakfast** - Low-fat kefir: It's easy to digest with both protein and carbs. BEST BUY = Lifeway Organic Lowfat Plain Kefiris (w/ no added sugars)
- **Morning Snack** - Low-fat plain Greek yogurt. Greek yogurt has about twice as much protein as traditional yogurt. BEST BUY = Fage Total 2% plain Greek yogurt (w/ 20 grams of protein and just 2.5 grams of fat)
- **Post-run** - Chocolate milk. The combo of protein and quick-digesting carbs helps repair exercise-induced muscle damage and refuel tired muscles, but be sure to choose a low-fat option. BEST BUY = Organic Valley Reduced Fat Chocolate Milk (w/ extra vitamin D)
- **Dinner** - Eggs. Antioxidant-rich eggs are an inexpensive and nutritious alternative to meat for dinner. One large egg provides six grams of protein. BEST BUY = Eggland's Best large eggs
- **Evening snack** - Low-fat cottage cheese. Eating protein prior to sleep significantly improves recovery from exercise, according to a 2012 study. BEST BUY = Friendship 1% Lowfat No Salt Added Cottage Cheese

The CHEESE bar

"Thumbs Up"

1. Parmesan - Add freshly grated parmesan for flavor.
2. Fresh mozzarella - One of the lowest calorie cheeses on the market (due to its high water content).
3. Soft goat cheese - Studies suggest that goat milk is richer in omega-3 fats and bone-building calcium than cow's milk.
4. Light ricotta - Reduced-fat ricotta cheese is rich-tasting and provides whey protein.

"Thumbs Down"

1. Cheddar cheese - An oilier cheese which is higher in fat than many others.
2. Blended cheese mixes - Bags of shredded cheeses often include higher fat cheeses.
3. American cheese - Heavily-processed American cheese is one of the saltiest and fattiest options in the cheese department. SHOP SMART! Buy blocks or wedges of fresh Parmesan cheese. They provide better flavor than pre-shredded and won't contain any stabilizers or other additives.

From the FREEZER

1. Best Frozen Produce = Dole Frozen Wild Blueberries. Packaged just after harvesting to seal in nutrients. No added sugar or syrups.
2. Best Frozen Dinner = Kashi Steam Meals Roasted Garlic Chicken Farfalle. Contains a balance of whole grains, protein, and veggies with 4 grams of fiber and less than 750 mgs of sodium.
3. Best Frozen Pizza = Kashi Thin Crust Roasted Vegetable Pizza. The thin crust reduces calories while providing fiber-rich whole grains.
4. Best Frozen Dessert = Adonia Greek Frozen Yogurt Wild Blueberry Bar (by Ciao Bella). One serving contains just 75 calories, 5 grams protein and zero grams fat.

Watch out for these HEALTH-FOOD IMPOSTORS

1. Fruit-on-the-bottom yogurts - loaded with sugars, syrups, flavorings and artificial ingredients.
2. Liquid egg whites - lack the vital nutrients in an egg, including vitamin D and the brain-boosting compound choline.
3. Vanilla soy milk - packed with added sugar. The best choices are unsweetened and fortified with calcium and vitamins.

For more information on these grocery shopping recommendations, please read the entire article at www.runnersworld.com/nutrition. Next month we'll finish up with a look at drinks and snacks.

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

Client of the Month

Mary Jo Lang

I started training with Christina Larson at His & Her Fitness in 2007 with one-on-one training sessions, two times a week. Christina immediately changed my cardio from running 45 minutes per day to 30 minutes of creative cardio four times a week. Along with that were the nutritional changes -- a major component that I was missing. Anyone can work out with weights 2-3 times a week, but it's a balance of cardio, nutrition and weight training that is so important. It's a 24-hour process -- with rest being important, too. Changes in my training and nutrition were made as I progressed and evolved, and as my goals changed. Motivation from Christina, my friends, and my very supportive husband Keith has always been there. But you also have to be self-motivated and want to reach the goals you set out to achieve. You need to trust the concept and the program, and follow through. I now work out on a 6-day split with creative cardio 6 times per week.

Some of my biggest rewards have been motivating my brother Dennis, other family members, and my co-workers (especially Emily -- an "8 Weeks to Greatness" participant), and improving my overall health. It's my goal to continue to inspire others.

Trust the process - I can vouch for it. In the end, I think we all want to feel good!



Team Member of the Month

Jenny Lillis



Christina and Jenny

It's an honor to be selected as Team Member of the Month -- and to be a part of the wonderful His & Her Fitness team. The H&H family of clients and trainers always provides a fun environment for both work and working out. It's great to be able to help His & Her Fitness promote its unique services -- and help everyone learn about the benefits that its individualized programs of nutrition, creative cardio and progressive weight training have to offer. Let's all keep up the good work!

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