



His & Her Fitness News

News From H&H

July 10th, 2013



His & Her Fitness Newsletter July, 2013

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In This Issue

- H&H Is Trademarked
- New H&H T-shirts
- Better Business Bureau Member
- Sacred Steps 5k Registration
- Christina's Corner
- Creative Cardio Library
- Christina's Kitchen
- NPC Jr National Championships
- Summer Youth Training
- Facebook Challenge
- Dirty Girl Mud Run
- Grocery Shopping Tips #7
- Client of the Month
- Team Member of the Month

Quick Links

[His & Her Fitness website](#)

Christina's Corner

Summer exercise is fun!

Hope your summer has been a blast. (I can't believe how soon school will be starting!) Many of you have been doing a great job of rocking that creative cardio - going outside and often partnering with the workout buddies you have made at H&H. Keep up the good work! The results of those summer habits will show up this winter! I am so proud of all the success everyone is having. It has also been great seeing all the young athletes in here working with Kellen Brownlee (www.hisandherfitness.net/trainers) and JP LaMunyon (www.hisandherfitness.net/trainers). And, of course, I am loving the kiddos that I'm training, as well. As you know, parents, it's the dedication and habits that you install in your awesome children now that will reward them in the long run. Good work! to everyone for your efforts this summer.



To make the summer even better, my challenge to you this month is pick just one thing you want to change - and change it. For example, do you want to drink one more glass of water per day? Do just one more creative cardio per week? You know best how to make a healthier you!! So as Nike says, "Just do it."

Happy summer!

Christina Larson

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H&H Announcement!

We have a trademark



His & Her Fitness is proud to announce that the studio name and logo are now

both trademarked! The symbol "TM" is used to provide notice of a claim of rights in a trade-mark. It informs potential infringers that a term, slogan, logo, or other indicator is being claimed as a trademark. The trademark helps to legally protect the His & Her Fitness name and identity.

New H&H Shirts



Trademark included!

Need a gift for the man in your life? Nothing says "summer" like a t-shirt! The new H&H t-shirts are the first to sport the new trademark. Of course they say "His & Her Fitness" on the front; "LEADER" is printed on the back.

A New Better Business Bureau Member

Accreditation approved

His & Her Fitness is proud to announce that it is now an accredited member of the Better Business Bureau of Kansas City. This means that BBB officials and Board of Directors have reviewed the H&H application and determined that H&H meets their stringent standards for accreditation. The BBB supports businesses with a mission of self-regulation, service to the public and a commitment to



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

Creative Cardio Library

Use those legs!



Beginner Cardio



Moderate Cardio



Advanced Cardio

Christina's Kitchen



Taco pizza ... yes!

- Ground beef (at least 93% fat-free)
- 1 pkg - Low sodium taco seasoning
- 1 tsp olive oil
- Mrs. Dash Fiesta Lime Seasoning Blend
- Garlic

- 1 small multi-grain tortilla
- 2 tsp low fat mozzarella cheese
- 2 tsp favorite salsa
- 1/2 red pepper

Crumble ground beef and cook with low sodium taco seasoning - as recommended.

Pour olive oil on a plate.

Add dash of Mrs. Dash Fiesta Lime Seasoning and a dash of garlic to olive oil. Place tortilla in oil mixture and flip.

Cook seasoned tortilla in a small pan (with no lid) on medium heat until crisp.

Put crispy tortilla on plate. Add salsa, hamburger and cheese.

Sauté chopped red pepper in the small pan. Serve either as a side dish or on the pizza.

Enjoy!

NPC Jr National Bodybuilding Championships

Christina participates

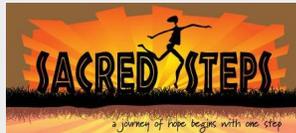
The NPC Jr Nationals fitness competition is the largest national show that Optimum Nutrition sponsors. This year it was held in Chicago on June 14-15. Christina competed in

trustworthy principles.

Sacred Steps 5k

8am, Saturday Sept. 28

Online registration has begun for UMC's Church of the Resurrection's 8th Annual Sacred Steps 5k Run/Walk. The race will take place on Saturday, September 28. This is a great family race on a fast and flat course.



If you register by Sept. 25, the cost is only \$25. (And be sure to sign up by Sept. 22 if you'd like to get a t-shirt.) All proceeds go to provide medical relief in Africa -- to fight life-threatening diseases, purchase much-needed medical equipment, and support medical training. You can register for the race at www.cor.org/sacredsteps.

the show, placing 10th overall in her event, Figure - D. And she participated in a variety of Optimum Nutrition sponsorship activities, including many ON demonstrations throughout Chicago with other ON athletes.



Summer Youth Training at H&H

Training for all ages

This summer trainers Kellen Brownlee, JP LaMunyon and Christina Larson have been training several young people. Fourteen-year-old Max Hawlett is one of Christina's clients, and he has been working as hard as many others at H&H. He (and all of our other young clients, too) have made everyone very proud. When Max first started at H&H, he was too young to lift weights, so he focused on body weight training and the fundamentals. Now he is the right age and ready to lift. No heavy, explosive moves yet, but he is starting to get there. Form is more important than anything. (That goes for you experienced lifters, too!) Everyone's body -- young, old or in-between -- should be treated carefully!



Max Hit Weights And Man Cards! #unicom #baseball #proud #H&H

Facebook Challenge



Check in at H&H

Try something new this summer. Use your phone to check in at the His & Her Fitness Facebook page when you come for your workout. Check in when you train -- and again when you do your cardio. Whoever has the most monthly "check ins" will receive a free jar of protein powder! Yea!!! It's as easy as clicking the "Like" button -- but you have to use your phone. Challenge your friends and family to check in, too!

Dirty Girl Mud Run

Lots of mud; lots of fun



Before...

His & Her Fitness client Jessica Neese and three friends participated in the Kansas City, KS 2013 Dirty Girl Mud Run on June 22. Dirty Girl is a 5k run for women of all ages and athletic abilities. It's an untimed obstacle course designed to push participants slightly out of their comfort zones, but only as far as they want to go. Jessica's team finished, got dirty, and had fun! You go, girls!



After...

Grocery Shopping Pointers - Installment #7

What to buy and what to avoid



This month our series on grocery shopping tips ends with a discussion of healthy drink and snack options. As in our past articles, the information comes from the October 2012 online edition of *Runner's World*. You can find the full article at www.runnersworld.com/nutrition.

Before you head to the grocery store, remember to **SHOP SMART!** Uni-versity of Arizona researchers found that waiting in long lines at the checkout counter makes people up to 25 percent more likely to give in to those tempting snacks like candy bars. So cut down on your wait -- and those unhealthy snacks -- by using the self-checkout or by shopping during off-peak hours.

LIQUID REFRESHMENTS - some drinks to consider

1. Flavored sparkling water - to get bubbles without the sugar-packed calories. BEST BUY = Hint Fizz, which comes in zero-

calorie, all-natural flavors.

2. **Low-sodium vegetable juice** - choose those made with tomatoes, which provide lycopene and may help to reduce exercise-induced oxidative stress. BEST BUY = V8 Low Sodium 100% Vegetable Juice, containing only 140 milligrams of sodium per cup.
3. **Hemp milk** - a dairy alternative that contains more omega-3's than soy and almond milk. BEST BUY = Tempt Unsweetened Hemp Milk (with only 70 calories per cup, plus added vitamin D, vitamin B12, and calcium).
4. **Coconut water** - contains natural sugars and electrolytes. BEST BUY = Zico Natural (without any added sugars or flavors).
5. **Green tea** - rich source of catechins (antioxidants that can help lower cholesterol and protect against exercise-induced muscle damage). BEST BUY = Revolution Organic Green Tea (with mixture of three Asian green teas).
6. **Cherry juice** - packed with anti-oxidants to help reduce muscle damage. BEST BUY = R.W. Knudson Family Just Tart Cherry.

SNACK TIME - some almost guilt-free options

1. **Popcorn** - whole-grain popcorn packs antioxidants and fiber with a salty and crunchy taste. BEST BUY = Orville Redenbacher's Natural Simply Salted 50% Less Fat.
2. **Hummus** - provides fiber, protein, and brain-boosting vitamin B6. BEST BUY = Athenos Original Hummus with only 50 calories and three grams of fat in a two-tablespoon serving.
3. **Whole-grain crackers** - eating more fiber-rich whole grains may be linked to weight loss. BEST BUY = Kashi Original 7 Grain Snack Crackers.
4. **Beef jerky** - a high-protein snack. BEST BUY = Golden Valley Natural Beef Jerky (with NO added MSG).
5. **Dark chocolate** - helps reduce heart disease and is a source of iron. BEST BUY = Dagoba Organic New Moon 74%. (It contains more antioxidant-rich cocoa than sugar.)
5. **Trail mix** - provides antioxidants from dried fruit and healthy fats from nuts. BEST BUY = Bear Naked Peak Energy Pecan Apple Flax Trail Mix (with raisins and oats).

For more information on these (and previous months') grocery shopping recommendations, please check out all the details in the full article at www.runnersworld.com/nutrition.

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



Stacey and Kellen

Stacey Saladin

My name is Stacey Saladin and I'm 45 years young! I work full-time as a real estate agent and mom of two teenagers, so I am on the go every day. Two years ago I was looking for a way to feel better. I needed more energy and a change in outlook. I'd dieted and done strength training in the past, but I was looking for a more holistic approach to well-being and fitness. I am grateful to have found His & Her Fitness. It's changed so much about my life -- and all for the better!

Christina is a constant source of inspiration and positive energy. She's created an inclusive atmosphere and I'm constantly working out among friends who encourage and support me -- staff and clients alike. That supportive circle keeps me motivated and coming back, and the results speak for themselves. I feel better, look better, and am healthier in every part of my life - my doctor has even commented that he hardly sees me anymore. Even my business has benefited as I have more energy to keep going through long days. Every day I am reminded that I've made a good decision in joining H&H.

I'm incredibly fortunate to have found Kellen Brownlee. He constantly pushes me and keeps things interesting by introducing creative new exercises that challenge me physically and mentally. After seeing my results, my husband and my two sons have started working with Kellen, as well. When we sit down to the dinner table, we compare stories about what he's

made us do that week. But more often than not, we're sitting down to have a dinner of lean protein, vegetables and whole grain carbs -- and with two teenagers, this is high testament to the impact he's had on us.

Thanks to Christina, Kellen, and everyone at H&H. I'm incredibly honored to have been selected as your Client of the Month!

Team Member of the Month



Kellen Brownlee

It is an honor to be named Team Member of the Month. I love that His & Her Fitness is different from most gyms in town. All the clients and trainers get to know each other -- even if they don't train together. The result is people who have fun working out together and become part of the "H&H family." And for me personally, the great atmosphere at H&H is one of the reasons that I've received several client referrals. It's great to have my clients feel so good about their training that they want their friends and family to have the same experience and results.

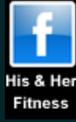
I think that the H&H team of trainers is the best in the city. All of the guys get along -- and Christina is the big sister that I never wanted... (LOL!) And, of course, the clients make everything worthwhile.



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