



news



His & Her Fitness News

News From H&H

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His & Her Fitness Newsletter August, 2013

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Christina's Corner

H&H clients are always striving for more!

His & Her clients never give up. They are never satisfied. And they never really reach a plateau. They are always striving to do better. They continue to set new goals and try new fitness activities. And they make me so proud! Last month many people that have trained for years began setting new fitness goals and getting ideas for different fitness activities. This is what happens at H&H - you get in shape and you stay in shape. Positive feeds positive!

We have so many clients with so many diverse goals - all of them eager to keep improving their fitness levels. One client, Lisa Browar, is enjoying swimming again..."I enjoy the peace and tranquility that comes from lap swimming - I had forgotten how great it feels." Another client, Dr. Greg Barber (who is new at H&H, even though his wife has been an avid H&H client) said, "I love the energy that I have now. And my chronic neck and back pain is much better with my improved strength." In order to fit exercise into his busy schedule, Greg trains with me at 5am and with Tom Finholm

www.hisandherfitness.net/trainers/trainer at 4:30am. I have already seen him go from 10 pound dumbbells to 25-pounders. And one of my original clients, Bob Hite (who consistently challenges me three times a week) has started food journaling



H&H client Kitty Deen and Christina

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The H&H Family Story

It's a chain of friends and fitness

Many His & Her Fitness clients start their exercise program after personally witnessing the success of a friend or family member. It's the "positive feeds positive" effect. When people see H&H clients in action, they also want to be fit and happy. So everyone becomes a winner! Here are a couple of stories:

Jeanne Meadows was originally referred to H&H by longtime client, Debbie Hardy. She, in turn, inspired two of her work friends and fellow CPAs to start exercising with her after they were motivated by her healthy lifestyle change. Diane Junge came to H&H in May 2013 and Janet Smith started in July.



Tom

Jeanne, Tom, Janet and Diane

Finholm trains the three friends every Tuesday and Thursday afternoon. Both Janet and Diane say they watched Jeanne change and decided they could benefit, too. Janet now says, "I feel so much better now that I am eating healthier. And I have made good progress toward my goals in just the one month I have been coming to H&H." Diane says she watched Jeanne change and felt she could use the strength training. Jeanne turns 60 this month and, after training for a year, has never felt or looked better. Way to go, girls!

In a real family story, Greg Barber joined H&H after being inspired by his wife. Here's what Greg has to say: "I observed my lovely wife Lucille transform into a healthy, energetic and strong lady under her trainer Kellen and the H&H program. After watching her improve to such a great degree in such a short period of time, I finally decided to jump in and join her fitness revolution. In the last eight weeks after working with Christina and Tom, there is no question that my energy levels are higher and I am still energized at the end of the day. The only downside to my training at H&H is the cost of the tailor having to take in all my suits!"

with an App called MyFitnessPal, available on your phone or at www.myfitnesspal.com. (This is a fun and functional app. I recommend that the first time you enter your food, call it what you want but be sure to input the correct nutritional facts. Once the foundation is set, the app will keep track of everything for you - but the initial set-up is key. This app is not perfect with your weight, but it does give your trainer an idea of how much and how often you are eating.)

At H&H we are not calorie-counters, but we respect what food does to our bodies. Quantity and quality are both important. Remember, everyone is different - but if you're eating like Michael Phelps, then you're going to have to train like him. So if you take in 7500 calories, then you need to make the time to burn it off. Your goal is to be #FitNotSkinny! It's also good to be aware of what foods can give you energy and what foods can make you sleepy. Here's my best example of this - when you give kids candy or soda, at first they bounce off the walls... and then boom! they're sleepy. Obviously I don't think this is a good way to operate. At H&H we advise listening to your body. You can strive for lasting energy all day long by not over-training with weights, not over-training with cardio, and not over-eating sugar/carbs.

My final suggestion - which I practice every day - is to have a plan for the next day. Believe me, a daily plan will help you meet all your goals! When I go to bed I know what my next day's weight training will require; I know what my cardio training will require; and I know what my meals will be - they are prepped and ready. Don't start your day without a plan. Healthy lifestyle goals are ongoing - as so many of the H&H clients are demonstrating. To reach your fitness goals try to plan ahead as you would when you get into your car - always have a destination and know the direction you'd like to go. It's okay to take the "scenic route" sometimes, as long as you recognize that time is usually not on your side and you will most often need to take the "direct route." Let's do this!

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

Creative Cardio Library

Try some fancy footwork...



Beginner Cardio



Moderate Cardio



Advanced Cardio

Christina's Kitchen

Lemon bars

Good job, H&H clients. Keep up the good work! Every H&H client is a great model for those who want a healthy lifestyle. The proof is in the H&H client roster.

Positive Feeds Positive

Tag us!



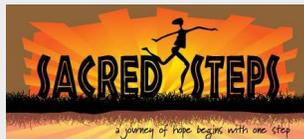
If you are a social media person, please feed the positive vibes and tag us @His & Her Fitness #FitNotSkinny #TeamHH. We want to spread the benefits of a healthy lifestyle to friends and family. And we love your positive comments when you check in at the His & Her Fitness Facebook page.

Sacred Steps

A fun, family 5k

Online registration is still underway for UMC's Church of the Resurrection's 8th Annual Sacred Steps 5k Run/Walk. The race will be held on Saturday, September 28. The registration fee is only \$25 when you register by Sept. 25.

Proceeds from the event go to provide medical relief in Africa -- to fight life-threatening diseases, purchase medical equipment, and support local medical training.



You can register for the race at www.cor.org/sacredsteps.



Per a client request, here's a sweet, summery treat! Delicious!

Crust

- 1 cup quinoa flour (*Christina recommends Bob's Red Mill Organic Quinoa Flour*)
- 1/4 cup truvia natural sweetener
- 3 tsp coconut butter (softened)

- 1 tsp lemon zest
- 1 tsp lemon juice
- 3 tsp applesauce

Mix above ingredients together and pat into bottom of baking pan. Bake for 20 minutes at 350 degrees.

Filling

- 1/3 cup truvia
- 1/3 cup lemon juice
- 2 tsp lemon zest
- 1 large egg
- 1 egg yolk
- 1 tsp quinoa flour

Whip lemon filling ingredients together in bowl and pour over cooked crust. Bake in oven for another 20 minutes.

For a light frosting, spread vanilla protein powder lightly over top.

Fit Not Skinny

A positive, healthy goal



Billy Finholm and JP LaMunyon

"Fit Not Skinny" has been Christina's new motto at His & Her Fitness this year. It's a short, but powerful phrase that can alter the way you think about your body.

Trainers Billy Finholm and JP LaMunyon show off her new sign, specially designed and created by artist Billy. Who knew he had that talent, too?

Flex Fridays!

Show off your muscles

This month join the Friday "Fit Parade." Show off your fitness profile by posting a picture of your flexed muscles -- or just one muscle! -- on the His & Her Fitness Facebook page on Fridays. Whoever gets the most "likes" for their picture will receive an H&H t-shirt. Time to practice those poses -- wherever you are!



Allison Dodd and Ashley Pratt join Flex Friday from Colorado.

Attention, Guys -- Belly Fat Is Really Bad for You

And here's why...

In an article on the Mayo Clinic website, Michael D. Jensen, M.D., endocrinology specialist at Mayo Clinic, answers some common questions about belly fat in men.

According to Dr. Jensen, "the trouble with belly fat is that it's not limited to the extra layer of padding located just below the skin (subcutaneous fat). It also includes visceral fat - which lies



deep inside your abdomen, surrounding your internal organs. Regardless of your overall weight, having a large amount of belly fat increases your risk of cardiovascular disease, type 2 diabetes, colorectal cancer and sleep apnea." Age, genetics and alcohol can all have an impact on belly fat.

Dr. Jensen also provides guidelines on how to determine if you have too much belly fat and gives some ideas on how to lose it. You can read the full article at www.mayoclinic.com/health/belly-fat.

Christina Shares Wedding Wishes

Optimum Nutrition friends celebrate



Christina, Jessica, and Bob Corbett, ON manager

Christina was honored to attend the wedding of her friend and fellow Optimum Nutrition sponsored athlete, Jessica Paxon when she married Blair Mone on August 11. Jessica was one of ON's first sponsored athletes and has been a part of the fitness world for more than ten years, always maintaining her fit lifestyle. Congratulations to both the bride and groom!



Jessica and new husband, Blair

Client of the Month

Judy Woodley

I was referred to Christina at His & Her Fitness in early May by someone that I had known and trusted for several years. After the unexpected passing of my husband 18 months ago, I came to Christina looking to once again take care of myself and to heal my spirit. I'd heard that Christina's program was the best personal training and comprehensive weight loss program in Kansas City. I must admit that I was a little intimidated in the beginning. I wasn't sure I was up to the challenge, as I hadn't worked out consistently in years. I travel quite a bit in my job, so I wasn't sure how I could fit her three-part program (eating clean, weight training 2x/week, and cardio 6x/week) into my busy schedule. But by the second week, I thought to myself, "I can do this!"

Thanks to the motivation, support and specific program (100% personalized!) that Christina and personal trainers JP and Tom designed for me, I have lost 17 pounds, 7.2% body fat and 14.5 inches in just ten short weeks! Although I am still a "work in progress," I am so grateful and appreciative of Christina, JP and Tom for helping and motivating me every step of the way. I have now increased my fitness program to 5 days/week weight training and 6 days/week intensive cardio - designed by JP just for me. I feel amazing and have re-gained my positive spirit which was so important to me!

The His & Her Fitness program is one that motivates your mind and improves your overall body and health. The atmosphere at the studio is fun and positive, and I look forward to going there every day to



work out with my coaches, JP and Tom. I really do feel that I've changed my life with this program and look forward to achieving all of my fitness goals with the amazing staff at His & Her Fitness. I'm excited to let anyone know that if you trust the process (nutrition, cardio and weight training), you will reach your personal best.

Team Member of the Month

E.J. Walter

I am proud and humbled to have been selected as the Team Member of the Month at His & Her Fitness. I am proud that I take steps "above and beyond" to help cover the duties that might not seem as glamorous or rewarding. I am proud that I do not miss sessions and that I don't show up late or cancel them. I am very proud that my clients see results while feeling at ease with me; that my clients are comfortable and trust that I am going to do what it takes to help them succeed while maintaining a healthy balance of fun and interpersonal relationships. I am humbled by the fact that I am surrounded by the highest quality of trainers daily. I am humbled that the people I work with live and breathe fitness and that I have been selected to represent them this month. I am humbled that I work in a place where people (including the owner!)



recognize the things I do well and reward and acknowledge those things. As I begin to recognize that in the real world those places are fewer than I would hope, I have come to value the environment at His & Her Fitness more and more.

The thing about limelight is that typically the more you have it, the more you want it. As I step into the H&H limelight this month, I make the ambitious progression of wanting accept this honor again next month. So to my teammates - the gauntlet is tossed. Look out - next month I will do even better.

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