



## His & Her Fitness News

News From H&H

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## His & Her Fitness Newsletter September, 2013

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### Quick Links

### Christina's Corner



#### Already heading into the holidays!

It's so much fun seeing the His & Her Fitness family growing! I love all the time we can spend together.

We are already looking forward to the holiday party - it will be here before you know it. This is the time of year when the habits you are building now will help keep you away from the holiday fluff. Sorry all - going to Costco this month and seeing all the holiday things already on display, made me think. It's GO time... stay away from nibbling!

We all want to help you have success. Come to the studio and rock cardio - it's free! And you can always schedule time with your favorite trainers for a cardio session, as well. Creative cardio has so many benefits - it makes you more productive, increases your energy, makes you feel happy, keeps the blood flowing, burns more calories than stagnant cardio, works your heart muscles, and prevents injuries from muscle imbalances. And hello - it makes you look amazing!

Let's start the focus on your hearts, because the stress levels can get high during the holidays - and it really should be one of the best times of year! After all, you're gathering with friends and family more than ever. Let's make it into a Happy New Year together. Teamwork - let's do this!

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## Breast Cancer Awareness

### October is the month



October is Breast Cancer Awareness Month. This is an annual campaign to increase awareness of this life-threatening disease. While most people are aware of breast cancer, many forget to take the critical steps to

detect the disease in its early stages - and to encourage others to do the same. Please check out the National Breast Cancer Foundation's website to learn more about this disease and find out what you can do to create an early detection plan for yourself.

[www.nationalbreastcancer.org](http://www.nationalbreastcancer.org)

## Another Fitness Winner

### Looking good!



Congratulations to Nancy Snowdy who placed 5th in the Figure D class at the Dallas Europa show on August 16th. Christina was honored to train Nancy and excited to be with her in Dallas for her show.

Christina, Nancy and her husband, Guy

## Facebook Contests Continue



### Creative cardio!

This month's Facebook challenge is to post your creative cardio fun pic. If you're out doing your cardio with friends, post it. If you're out alone, post it. Just have fun and smile! You know how it works - the person with the most "likes" wins a prize.

August's Facebook Flex Friday winner was Mary Jo Lang. She had the most "likes" with Debbie Hardy close behind. Way to go, girls!

## Save the Date!

## Christina Larson

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

## Creative Cardio Library

### Step it up!



Beginner Cardio



Moderate Cardio



Advanced Cardio

## Christina's Kitchen

### Chicken Kabobs

Even though summer is ending, there is still plenty of time for great grilling. The ingredients in this recipe can easily be adjusted to meet any family size. And everything can be prepped ahead of time, so putting dinner together is a snap!

#### Ingredients:

Chicken breasts  
Red and green peppers  
Zucchini  
Onion  
Cherry tomatoes - and whatever other veggies you want!  
Mrs. Dash Southwest Chipotle Seasoning Blend  
Skewers



Cut all ingredients into large chunks for skewering.  
Prepare marinade of water and cider vinegar in a 2-to-1 ratio. Add a generous helping of Mrs. Dash seasoning.  
Pour half of marinade into zip lock bag.  
Add chicken to marinade and soak overnight.  
Pour remaining marinade into separate zip lock bag. Add vegetables and soak overnight.  
If using wooden skewers, soak in water to prevent burning.  
Skewer chicken and vegetables when ready and grill to taste.  
Enjoy!

## Helping Kids with Special Needs Get Fit, Too

### Matthew's Ministry for kids at COR

For six weeks this summer Christina Larson and Mary Jo Lang have provided "fitness training" to special needs

## H&H Christmas Party

It's never too early to plan for the holidays! The annual His & Her Fitness Christmas party will be Saturday, December 14. Mark your calendars and save the date!



children through Matthew's Ministry at United Methodist Church of the Resurrection. The kids have progressed to push-ups - and everyone is delighted! Both Christina and Mary Jo are committed to continuing this program for as long as they are able. As Christina says, "They say giving is receiving and I truly feel that every time I walk in to see those kiddos smiling at me with open arms and big hugs. I love the positive energy these children have and the commitment they've made to do better every week. I'm so honored to have them smile when I come in -and I always wish that I could stay longer." Matthew's Ministry is Church of the Resurrection's awareness, outreach and support ministry for persons with special needs and their families.

## Sacred Steps 5k

September 28



Don't forget about the Sacred Steps 5k at United Methodist Church of the Resurrection on Saturday, September 28. This is a fun, family 5k. You can run or walk - and plan to enjoy yourself!

You can register for the race at [www.cor.org/sacredsteps](http://www.cor.org/sacredsteps).

## It's That Time Again - 8 Weeks to Greatness

### Applications are underway

Christina Larson and the His & Her Fitness team are again proud to offer their annual "8 Weeks to Greatness" program and are accepting applications through the end of September. You can change someone's life by giving them a referral. The selected participant will receive a personalized exercise routine and nutritional plan, plus lots of fun gifts and a photo shoot. The end result is a healthier lifestyle and a great transformation.

#### Applicant qualifications:

- Referred by a client currently training at His & Her Fitness
- Someone who needs to lose approximately 30-40 lbs
- Typically not able to afford training
- Appreciative
- Outgoing
- Ready to share the story of their success

#### 8 Weeks to Greatness participant must be ready to:

- Maintain weekly weight training schedule - 2x/week
- Complete creative cardio at H&H on off days - at least 2x/week
- Keep mandatory food journal - daily
- Email trainer with progress report - at least once a week
- Inspire others to follow fit lifestyle
- Tell story via social media - ex. Facebook/Twitter/Linked In/Instagram
- Work to maintain healthy habits after "8 Weeks to Greatness" program ends
- HAVE FUN!

It's easy to apply. Tell your friends or family member to go to the His & Her Fitness website at [www.hisandherfitness.net](http://www.hisandherfitness.net) and find the application on the "8 Weeks to Greatness" tab. (You can also click on the "Trainers" tab and then click any trainer's picture for the application.)

Last year's "8 Weeks to Greatness" participant, Tricia Wilmes, lost 37 pounds and 31 inches. Her advice? "Let go of the guilt and pride and just ask for help."



Tricia Wilmes (center),  
2012 "8 Weeks" participant  
with trainers Christina and Tom Finholm

## Weight Loss Is Complicated

### Mayo Clinic offers some thoughts



In the March 18, 2013 issue of the Mayo Clinic Health Letter, the complicated relationship between weight loss and calories is discussed. You metabolism, body composition and even how the brain perceives food and drink can affect how you lose weight. What's in that pound you lose -- muscle, fat or water? What's your body metabolism? How does your body react to reduced caloric intake? All of these factors have an impact on your ability to lose weight. Stress, sleep, genetics and even the bacteria in your gut can also be factors. Check out the article at [www.mayoclinic.org/news](http://www.mayoclinic.org/news) to get the full discussion.

## 2013 Kansas City NFL Alumni Golf Tournament "Caring for Kids" Program

### H&H helps to benefit the Dream Factory

Christina and E.J. Walter, one of the His & Her Fitness trainers, showed their dedication and community spirit on



Saturday, Sept. 9. They worked with Ed Budde, former Kansas City Chiefs player, to support the 31st Annual NFL Alumni-Kansas City Chapter Celebrity Charity Golf Classic Tournament. Per Christina, "It was a fun event and it's always great to give back." Proceeds from the tournament (and the silent/auction and dinner held on Sept. 7) will benefit The Dream Factory of Greater Kansas City.

Left: Ed Budde, former KC Chiefs player, and Christina.

### Client of the Month

#### Julie Gatchell

After reading an advertisement in a KC magazine, my interest was high when I made my initial call to His & Her Fitness. At that time, health and fitness were not a priority in my life and I was out of shape, out of control and eating whatever I wanted. The pictures in the advertisement showed women just like me, who also had not made health and nutrition part of their lives - however they had changed. And they had changed in a great way through workouts and learning about nutrition at His & Her Fitness. The same is now true for me and today my daily life centers on the next workout and proper nutrition for my body, mind and soul.



Julie (third from left) with husband, David and children, Andy and Meg.

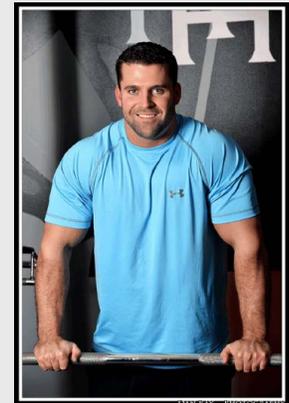
I never imagined that I could be successful. I had tried so many times, but always gave up and went back to my old lifestyle with poor meals, no planning and barely any exercise. When I walked through the door at H&H almost one year ago, my trainers made a profound impact on my life from the start and I am elated with the progress I have made. Along with weight training and fun creative cardio workouts, Ty, Tom and JP continue to encourage and support me by writing meal plans, teaching me the importance of being prepared in the kitchen, and grocery shopping with me. The best part - I just love it and have made great strides towards my fitness and weight loss goals. My trainers teach, inspire and challenge me every day and are my dependable support system. They are the best guys - professional and extremely knowledgeable mentors and I truly love them all! I am profoundly grateful for their guidance, expertise and interest in me. H&H has been a life-changer and best thing I have ever done for me!

(And as a final note... I find ALL of the trainers at H&H to be enthusiastic, encouraging and just nice, fun people. I especially enjoy Billy's smile, his sense of humor, the high fives and the friendly sparring with Kellen over our KU/MU rivalry. GO JAYHAWKS!)

### Team Member of the Month

#### Tom Finholm

Hi. My name is Tom Finholm. I am both a certified personal trainer and fitness nutrition specialist (FNS) from The National Academy of Sports Medicine. I've been a trainer at His & Her Fitness for three years and have enjoyed the job the entire time. Being a personal trainer allows me to create personal relationships with clients in ways few other jobs can. I became a trainer because working out has been a passion of mine for a long time -- and now helping others reach their fitness goals has become really enjoyable for me. We have a great team here at His & Her Fitness and that makes coming to work very enjoyable and fulfilling. I want to thank Christina Larson for her support and effort in making His & Her Fitness one of the top fitness facilities in the Kansas City metro area.



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