



HIS & HER FITNESS

N O E X C U S E S

His & Her Fitness Newsletter

October, 2014

Volume 5, Issue #10

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Christina's Corner

The holidays are coming

Remember that the holidays start next month. It's go time! And time for the H&H team to now list your "what you put in your mouth really does matter" goal! Yes, just pick one thing to change. For example, if you usually skip breakfast, meet with your trainer ASAP on some breakfast ideas and start the habit of having breakfast right now. Another example is if you drink soda -- just stop it... please, with a cherry on top.

(And diet soda is even worse for you. You can check out this article in the *New York Times* at www.nytimes.com/2008/02/05.

Last month many of you did a great job rocking your cardio -- keep up with that also as part of your plan to fight those holiday pounds. Create good habits before the holidays create that fluff. I know it can be hard to be consistent and we all feel like we need something different sometimes. (If you are not happy with how you feel after you have been good for a month, just try slowing down. And then feel free to send all complaints to my cellphone or email.) But remember that the average person gains 15 pounds over the holiday... let's change the average! We can all do it with teamwork!

Christina Larson

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



Creative Cardio Library

Try a squat or two!



Let's Go Roy-als!



We've got Royals fever!

Good luck to the Kansas City Royals as they play in the American League Championship Series! This underdog team is driven and appreciative, and their fans are fierce. We couldn't be prouder! (But please -- could we win a game without going into extra innings? Even with our cardio training, our hearts can hardly stand it!)

Save the Date

Holiday Party in November!

The His & Her Fitness holiday party will be early this year. Mark your calendars for **November 15**. Plan to give the holiday season a healthy start! As always there will be fun, food and prizes for H&H friends and family.



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Newsworthy Notes



Beginner Cardio



Moderate Cardio



Advanced Cardio

Christina's Kitchen



Brownie pops - the fitness way!

These fun treats are perfect for a snack or to take to a party...

- 15 oz can black beans (drained)
- 1 cup Stevia
- 1/2 cup almond flour
- 3/4 cup egg whites
- 1/4 cup unsweetened cocoa
- 1 tsp vanilla
- 1 tsp baking soda

Mix the above ingredients in your NutriBullet (or other food processor/blender).

Use spoon to add in 1/4 cup carob chips.

Spray a brownie pop pan with coconut oil.

Place a spoonful of the mixture in each section of the pan.

Bake at 400 degrees for 17 minutes.



FOX 4 News - WDAF-TV

Christina Larson and Stephanie Woltemath (one of this year's "8 Weeks to Greatness" participants) talked about the "8 Weeks" weight loss program on FOX 4 News on Oct. 6. After discussing the three components of strength training, creative cardio and meal planning, they described the healthy brownie pop recipe detailed in this newsletter.

That's a Wrap!

Christina's Kansas tortilla

Try this fast recipe for a quick and healthy snack.



Spread 2 tsp. almond butter on a whole wheat tortilla and add 4 slices of turkey. Wrap and enjoy. (Heat if you like.)

Trainer Tip of the Month



Tom Finholm, 2013 Trainer of the Year

Enjoy and feel good!

For more H&H recipes, check the website at hisandherfitness.net

CPR Training Pays Off

Thomas Drew to the rescue!



Thomas Drew, one of the awesome assistants at the H&H gym, used his CPR training (mandatory at H&H!) and helped save a life. Thomas was attending the KU football game and he noticed that a man was in the restroom too long. He knocked on the stall door, and when he got no response, he broke open the door and gave the man CPR. Thomas definitely appreciates his CPR training! Way to go, Thomas -- great job!

2014 Olympia



The ON team at the 2014 Olympia

Christina Larson joined the Optimum Nutrition team at the 50th Anniversary Olympia in Las Vegas, Sept. 18-21. The Olympia is the final body-building show of the season and the biggest one of the year.

H&H Supports Local School - Fun & Fitness

Brian and Merritt join in

Cottonwood Point Elementary School held a Family Fun Run & Fitness Night on October 3. His & Her Fitness was proud to support this event, providing Optimum Nutrition sports drinks. In addition, Brian Olivo and Merritt Crawford provided training for the runners. Before the race they got them "revved up" and warmed up, and then stretched them afterwards. Several hundred people -- including students and their families -- participated in this fun evening to support their local school.



Client Milestones

H&H clients celebrate family events

Karey Wolstenholm, one of this year's "8 Weeks to Greatness"

Schedule your time and plan ahead

"No time" is the number one excuse for not training or eating right. I often hear that everyone is "so busy." Here's my tip on how to be successful -- set appointments for your workouts and prepare your food ahead of time. For example, on Sunday prepare food for Monday and Tuesday, so you will be ready with good food choices. This will help ensure that you don't eat unhealthy foods or skip meals.



participants was part of Blue Valley Middle School's inaugural Rock-n-Run 5k. The event on Oct. 4 raised money for computer equipment for the school. It was a fun, family outing for Karey as she finished her first 5k in a few years.

And congratulations to H&H client Erin Heidebrecht! On October 2 she and her husband welcomed their new daughter, Callin Isabelle, to their family.



8 Weeks to Greatness Kicks Off



It's a group thing

The "8 Weeks to Greatness" open house on Sept. 24 was an amazing night at His & Her Fitness. Twenty-two people applied for this year's "8 Weeks to Greatness" program. And seven of those 22 showed up to join in the fun at the open house.

[#8weeks_to_greatness!](#)

fat during the short, two-week application period. How exciting! And if all the applicants had attended, who knows how high the grand total loss would have been? (The H&H team knows that some people had conflicts and are eager to measure their success, too.) Everyone came away a winner -- congratulations to all! Follow the weekly blogs at <http://www.hisandherfitness.net>. It all starts now! [#gym](#) [#personaltrainer](#) [#accountability](#)

In total those seven applicants lost 42 pounds on the scale and 53 pounds of

Light Up the Runway

KC fashion show to support the Love Fund

On November 6, Young Professionals Supporting the Love Fund will present the first annual "Light Up the Runway" celebrity fashion show. Christina Larson will be participating, along with other local celebrities -- including reporters, athletes, musicians, radio personalities, and more. So come join the fun, cheer for Christina, and support a worthy cause.



The event will take place on Thursday, November 6 at the River Market Event Space (140 Walnut, Kansas City, MO) from 6 - 10pm. Ashton Martin will be the DJ. A ticket includes food, drinks, a raffle and, of course, the fashion show.

The mission of the sponsoring group, Young Professionals Supporting the Love Fund, is to raise funds and increase awareness for the Love Fund for Children through a variety of fun and innovative events. You can register to attend the event at bit.ly/Runway2014.

Client of the Month

Rick Bullock

A big thank you to everyone at His & Her Fitness -- and especially to my trainer, Billy Finholm -- for the last 16 months of improved health, weight loss and increased strength.

Starting out was tough, but turning my three times per week strength and cardio workouts into a habit was easy with the encouragement and guidance provided by the professional training staff at H&H. My training sessions always start with 3 questions:

1. How is your nutrition?
2. How is your cardio? and
3. Are you ready to dominate?

After that the fun begins and I am always glad I showed up.



Team Member of the Month



Tom Finholm

http://www.hisandherfitness.net/trainer_17.asp?t=Tom-Finholm-III

Thank you once again for selecting me as Team Member of the Month. It is nice to come into work everyday and be with people I enjoy -- both those that I work with and those that I'm training.

I enjoy trying to help my clients reach their goals. I am motivated to be a trainer by hearing about my client's successes. My job is to help people change the way they live and function in their daily lives. When I come in to see a client and they tell me that they have reached a goal, it makes me feel happy and successful, too.

How about a review?



If you like the His & Her Fitness newsletter, we'd appreciate your comments at www.google.com/#q=his+and+her+fitness.
(Look for the "Write a Review" button on the right side of the page.)

Thanks for all your support.