



His & Her Fitness Newsletter

November, 2014

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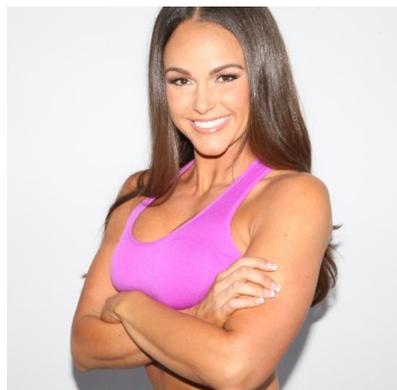
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Christina's Corner

Holiday cheats and eats

Let's do this! Last month we focused on meal planning. So now for those of you that are already doing that -- this month should be easy. Yes, parties start and then hello! there's Thanksgiving. You've got this. Go in with a plan before you fail. Yes, we will all have our cheats, but ask your trainer what will happen before you just get crazy. I always think "control the controllables." This means if you really don't "need" it, don't eat it. It's awesome how effective this thought process is. Just enjoy your cheat meal and don't make it a cheat day or a cheat week. And you can also do something extra that your personal trainer suggests to make up for it... Just know that you're going to put on five or so pounds for having cheese cake, dressing, gravy, and whatever else in a day. But seriously -- you can do this! You have our help! Just be honest, so we can help you maintain or lose through the holiday season. Cheers!



Christina Larson

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

Creative Cardio Library

Use those legs! Work those abs!

Client Appreciation Party

Celebrate the H&H family!



Saturday, November 15
6 - 10pm
5328 W. 151st Street

Start the holidays early at His & Her Fitness. The H&H team invites you to join them at its annual holiday party. The fun starts at 6pm, but you can feel free to come and go. Dress up or be casual. (Just no spandex, please!) Delicious food will be served from Christina's kitchen.

There will be a silent auction with bidding from 6 - 8pm. Proceeds will go to the NFL Alumni KC Chapter's charitable goal of "Caring for Kids."



Beginner Cardio



Moderate Cardio



Advanced Cardio

Be Prepared for Fitness



Scouts get H&H training

On October 19, Pack #3092 visited His & Her Fitness to learn about healthy living and fitness. The scouts (8-9 years old) and their parents checked out the studio and heard all about fitness from Christina Larson and Merrit Crawford. After the training, each scout got to check off his "Physical Fitness" Belt-loop and ACHIEVEMENT #3.

Christina's Kitchen

It's Thanksgiving! Time for Pumpkin Cheesecake!

2 cups low-fat ricotta cheese
1 can (15 oz) pumpkin puree
1/2 cup real maple syrup
5 Tbsp sugar
1 tsp pumpkin pie spice
1 tsp vanilla extract
3/4 cup whey vanilla protein powder
1 Ready Crust reduced-fat graham cracker crust
1 cup Cool Whip Free



Preheat oven to 400 degrees.

Combine ricotta cheese, pumpkin puree, maple syrup, sugar, pumpkin pie spice, vanilla extract and protein powder in large mixing bowl. Mix well.

Place ready bake crust on a cookie sheet. (This makes handling the tin much easier and you're less likely to bend it.) Pour the filling mixture into the crust and smooth it with the back of a spoon. (You may have extra batter, but do not over

Trainer Tip of the Month



Tom Finholm, 2013 Trainer of the Year

Get ready for the holidays

H-healthy attitude
O-nly eat clean
L-ove your trainer!
I- can do it
D-aily tracking of food intake
A-lways be positive
Y-ou can achieve your goals
S-tay focused

HAPPY HOLIDAYS!

Be Careful at Thanksgiving Dinner!

AFTER THANKSGIVING DINNER DAN REALIZES THAT STUFFING HAS TWO MEANINGS



H&H Loves the Royals!

Royal blue; true blue!

Just like the rest of Kansas City, the H&H Fitness team loves the Kansas City Royals. Tom Finholm, Kayleigh Cox, Brian Olivo and Eugene (EJ) Walter were proud to show off their true blue colors.

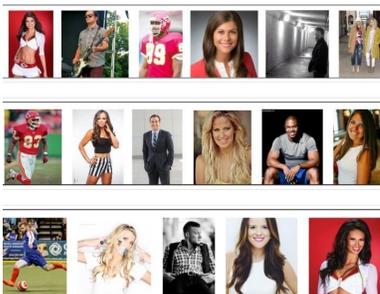
fill.)

Bake until the mixture is set -- about 40 minutes. (Be careful not to over bake or the crust will burn. The filling is done when you insert a toothpick in the center and it comes back clean.) Remove pie from oven and let cool for 15 minutes. After cooling period, refrigerate at least 2 hours. Top each serving with a small dollop of Cool Whip Free. Enjoy! And be sure to share this cheesecake as a healthy, holiday option.

*This healthy recipe was adapted from the *Eating For Life* cookbook by Bill Phillips.

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

Local Celebrities "Light Up the Runway"



Fashion show supports the Love Fund

The philanthropic group, Young Professionals Supporting the Love Fund, presented the first annual "Light Up the Runway" celebrity fashion show on Nov. 6. DJ Ashton Martin was the special guest at a

night of fashion, fun and style. Katie Ferrell from FOX 4 News nominated Christina Larson to be one of 20+ local celebrities participating in this fashion show for a good cause.

Christina felt especially honored to participate because of her love for the KC community. She explains that while she's proud of her small town roots, she likes to push herself to step out of the small town mode and say "hello" to new people. At the fashion show she particularly enjoyed the fashion twins Emily and Elizabeth, DJ Ashton Martin, radio commentator Jason Grill (check out Christina's January interview with Jason at <http://publishing.ramp.com/kmbz>), and, of course, all the athletes.





Many congratulations to the Royals on their outstanding World Series performance!

Here's to next year!

H&H Client Rides to Fight MS



Tim Edwards with nephew, Jake Stiers

Bike MS: Kansas City Ride 2014

Tim Edwards is a His & Her Fitness client who is fighting MS. He shared his story of determination with Christina.

"I was diagnosed with MS in October of 2009. In May of 2010 my stepdaughter Jennifer decided to buy a bike, train, and ride the MS 150 in my honor. She and five other friends completed the event, riding 186 miles in 2 days! That was my inspiration to begin riding, get fit and help find a way to beat this disease -- and to help find a cure. This year I rode in the Bike MS: Kansas City Ride 2014 -- from Olathe to Lawrence and back home again.

In the meantime, my wife Barbara and my family, along with friends from our small group and congregation at RezWest, have been key in helping me remain positive and stay active. I look forward to my time with Merrit and the other trainers, as well as to working out in the H&H gym from time to time during lunch. Thank you for the encouragement!"

– Tim Edwards

Client of the Month

Lisa Browar

I came to His & Her Fitness a little more than four years ago after receiving a wake-up call. I had recently returned from a hiking trip in the Canadian Rockies during which I realized that I was not in as good shape as I thought I was. I was never inactive, but while on this trip I saw that 75-year old grandmothers were zooming up ahead of me on the hiking trail. The higher altitude had something to do with my inability to keep up with the group, but a lot of my difficulty was caused by a lack of overall conditioning.

When I returned from the trip I debated for weeks about seeking help. I didn't know which way to turn: Pilates, yoga, fitness training. I thought I'd begin to investigate, so I wandered into H&H and Christina evaluated my overall condition. That was a lucky day for me. Now after four years of working with Christina and Tom Finholm, my overall strength, flexibility, balance,



Lisa with an exhibit of Panamanian artifacts at the Linda Hall Library of Science, Engineering, and Technology

and nutrition have improved dramatically. During this time I have had a few setbacks caused by a broken arm and hand surgery (neither injury obtained at H&H!), but Christina and Tom patiently brought me back to my previous activity levels and then helped me to exceed them.

My strength increased to the point where I was able to resume a favorite activity -- lap swimming. I swam all throughout my childhood and into my 30's, until one day when I got out of the pool and said, "I'm done." I resumed swimming laps a year ago with the goal of swimming twice as far as I would swim each session when I was half my age. I will reach that goal in January, 2015. I doubt that I would have ever gone back to the pool if I had not improved my overall fitness by working out at H&H.

Team Member of the Month

Eugene (EJ) Walter

http://www.hisandherfitness.net/trainer_27.asp?t=Eugene-EJ-Walter

It's awesome to find myself in the fortunate position of being the His & Her Fitness Team Member of the Month again. It has been a good year so far -- many fat cells shrunk and many muscles strengthened -- for both my clients and myself. Remember that as you continue your training, the most important day is tomorrow and the challenge it brings. So, as this holiday season comes, take it headstrong into the new year. Keep your eyes on your goals.

Have a great holiday season and God Bless.



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.