



His & Her Fitness Newsletter

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New Manager at H&H Meet Christina Hoffmann

Christina Hoffman has joined the His & Her Fitness team as the new Club Manager. She brings years of experience in project management and process improvement to her new job -- along with her experiences as a

Christina's Corner



Let's be heart healthy

This February is American Heart Month. So let's all do this: think of all those you "heart," those who may not be proactive with healthy prevention. What are the things that stop people? The number one reason -- they don't think they will see results. But... at H&H the average client loses 50lbs

and keeps it off. Right now the H&H team is taking its training to the next level and we are trying to educate you, our clients, even more. Yes, I know you get tired of us asking about food journals, but many original H&H clients can show you how much has changed for them through the years. If you know someone whose heart could benefit from a healthier lifestyle and some healthy preventive actions, why not make it a point to talk to them this month?

And remember that as your life changes, you may need to make changes in your healthy lifestyle to match what's really going on in your life. For example -- having a new baby means less sleep and less personal time, and many parents think just taking care of the new baby is all that matters. But you also have to take care of your self. If you're healthy, those around you naturally stay healthy and good energy just flows. Another common experience



seasoned H&H client. She'll work with both the trainers and Christina to streamline processes and make the His & Her Fitness client experience even better than it already is. Welcome, Christina!

Spring Break Tips 10 ways to keep on target

Spring break, or any change in your routine, can make it



difficult to stick to your healthy lifestyle. Here are ten tips to help keep you on track and make sure you still have fun along the way.

1. Drink extra water.
2. Don't forget fiber. (Ask your trainer about back- up fitness fiber.)
3. Try new foods
4. Stick to fast-digesting proteins. (Example = fish).
5. Get a "destination specific" creative cardio plan from your trainer.
6. Check out yoga.
7. Get a massage and release that lactic acid. (Hydrate after.)
8. Have supplements for back-up plan.
9. Set a goal before leaving.
10. Have fun and tag your fitness fun on the His & Her Fitness Facebook page. (#hisandherfitnessinspires)

It's Heart Month
Exercise with a partner

for H&H clients is traveling for work. Travel definitely takes its toll on your body both mentally and physically. Luckily, the H&H team has plenty of ideas for your success. Let us take the stress out of your life, and design a heart healthy plan to help you to feel great.

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

Creative Cardio Library Bend your knees and twist your torso!



Beginner Cardio



Moderate Cardio



Advanced Cardio

Christina's Kitchen Zucchini deepdish pizza

- 2-3 zucchini
- 2 tbsp olive oil
- 1 tsp onion powder
- Salt (to taste)
- Pizza seasoning

During the month of February, the H&H team is offering current clients the opportunity to have their "heart partner" join them for a free "heart healthy" exercise session.



Exercise with your partner -- it will do your heart good!

Trainer Tip of the Month



Tom Finholm, 2013 Trainer of the Year

Keep it simple

A great first step in improving your nutrition is to learn to stay away from processed foods. In simplest terms, try to avoid anything that comes in a can or a box. You're better off to eat natural foods like fresh fruits and vegetables.



1 package (turkey) pepperoni
1 can Chef Boyardee pizza sauce
1 package shredded cheese
(EJ suggests mozzarella or Italian pizza mix)

Slice zucchini into thin slices -- 1/4 -

1/8 inch.

Mix sliced zucchini with oil, onion powder, Italian pizza seasonings and salt.

Wrap zucchini mixture in aluminum foil and bake at 300

degrees for 10 minutes.

Layer the seasoned zucchini in lasagna pan.

Add intermittent layers of pepperoni.

Pour can of pizza sauce over the zucchini and pepperoni.

Sprinkle cheese on top and add remaining pepperoni.

(As an option, add yellow peppers or jalapeños.)

Bake at 350 degrees until cheese melts and begins to brown.

Enjoy a warm, toasty meal!

Recipe created by H&H trainer, Eugene (EJ) Walter.

Knee Pain?



Exercise may help more than supplements

According to Dr. Patience White, a rheumatologist and spokesperson for [The Arthritis Foundation](#), "there's abundant evidence that losing weight and regular exercise are the most effective treatments available for osteoarthritis pain. "It's quite striking," she says. "If you lose only five pounds, you're talking about the equivalent of 20 pounds [less stress] across those knees, so you can imagine it would make quite a difference."

And pretty much any type of exercise seems to reduce pain and increase flexibility, according to [Dr. David Felson](#), a rheumatologist at Boston University

School of Medicine. Even though a recent study by the National Institute of Health found that the vast majority of the participants reported no significant difference in pain relief between glucosamine, chondroitin, a combination of the two and placebo, Felson doesn't stop patients from taking supplements if they truly believe they are helping. "Far be it from me to take away either the placebo effect or an idiosyncratic reaction that might be of benefit," he says. And White believes that her goal as a doctor is to make people feel better so they can actually do things that will make a difference, i.e. physical activity and weight reduction.

For more detailed information, please check out the entire report from NPR at www.npr.org/blogs/health.

Christina Receives Award for Inspiring Work

Helping others as "Woman of Perspective"

Christina Larson was honored Friday, February 7 at the "Inspired for Life" conference held at United Methodist Church of the Resurrection.

She was recognized as a "Woman of Perspective" for

2013, a woman who has "ushered in a new reality by combining love, hope, and faith with action." She was nominated by the women of Matthew's Ministry for her work holding fitness classes for youth with disabilities.



Christina and the women from Matthew's Ministry at COR

More Great Results for 8 Weeks to Greatness

Two more participants show off their success

This past fall Nancy Cipolla and Christine Lovich participated in the His & Her Fitness annual "8 Weeks to Greatness" program. Together they lost 51 inches, 61.5 pounds and 91 pounds of body fat! Great job, ladies! Your hard work really shows.

You can read their weekly journeys at hisandherfitness.net.



Nancy Cipolla and Christine Lovich



Christine and Christina



Nancy with "her boys," EJ Walter, Tom Finholm and Billy Finholm

Cardio Fun at lululemon H&H team hosts creative cardio event

On Saturday morning, February 8, the His & Her Fitness team hosted a creative cardio event at lululemon. Clients came to join in the fun and start the day with a great cardio workout. Thanks to the staff at lululemon for providing their space (at 4555 W 119th Street in Leawood) and for helping to make the event so successful.



An exhausted group after the cardio workout



Creative cardio underway at lululemon



Trainers Eric Reese, Billy Finholm, Kellen Brownee

Clients of the Month David and Jane Stewart

Wow! We're humbled by being chosen as Clients of the Month for February.

I have been working with both Tom and JP for the past year with wonderful results. Jane saw the changes in me and has been working out side-by-side with me since last spring – we make a great team!

Jane is a physician and fully understands the need for cardio exercise, strength training and proper nutritional balance. We're still working on that last one... our two young daughters, Hailey (11) and Madison (9), keep us constantly on our toes!



David, Jane and their energized daughters

Tom and JP are amazing trainers and we have nothing but love and respect for both of them. Their

instruction, compassion and enthusiasm make getting up early to work out totally worth it. Personally my strength, balance and form have improved remarkably in the past year. When I started, my best bench press was 90 lbs. It's now 175 lbs. And Jane's muscle tone has vastly improved -- she looks absolutely amazing. Together we're getting trim and fit, not skinny.

Christina is an incredible one-woman support system. Everywhere we turn, she's there making sure we're eating correctly, getting our cardio in and, of course, coming in for our sessions. This summer I'm going to be fifty years young. Both Jane and I are on course to be in our best shape ever by the time that happens! Beach -- here we come!

We can both personally vouch for the transformative capability of His & Her Fitness - it just works!

Team Member of the Month

Billy Finholm



Being selected as Team Member of the Month is a great honor that I have had a few times during my time here at His & Her Fitness. I would like to thank all of my amazing clients for what they have done for me and for themselves.

What I always tell my clients is: "I can only be with you a couple hours out of the week and the rest is up to you." Those other hours include clients eating the right foods, doing their daily cardiovascular exercise, increasing water intake, and, of course, getting the right amount of sleep. Clients do all of these things outside of the gym -- and so together we make great teams, getting great results as a result of great efforts. And I particularly want to give a shout out to one of my clients, Amy Popp, who had hip surgery and is in now recovery and rehab mode. We are all looking forward to her return to the gym in the up and

coming weeks.

I also want to thank Christina, aka "boss lady," for trusting, believing and pushing me towards being a better personal trainer. We have a great team here at H&H and I am glad to be a part of it. Come into His & Her Fitness to reach those new year's goals and let us guide you in the right direction. Thanks again -- and let's go kill some fat!

