



# His & Her Fitness Newsletter

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**KC Chamber - Small Business Celebration**

**The Candidates' Showcase**



On Thursday, March 27 His & Her Fitness will participate in the KC Chamber's Candidate's Showcase – it's the first public event in the Chamber's Small Business

## Christina's Corner

### March madness!



It's March. This is the month when many people who started the year off with a healthy attitude start to lose

focus. They begin to think... well, I reached my goal, or I'm too busy, or it's too hard to keep this up. Wrong! Not at H&H -- fitness is a lifestyle. We want to help you transition through all the seasons and all the stages of your life. For example, if you have a family and everyone is going different directions in the evening, then the optimal time to work out is in the morning, over lunch, or on a Saturday/Sunday.

Let's not let the madness begin. Let's have a plan for March fitness success. And for those of you about to gear up for spring break – get your mind set right now on how to keep the fitness level you have, or even surprise yourself, and lose some more. This can best be done by talking to your trainers and, of course, I am available by phone, email, notes on the desk, and even social media. Let's control the madness so we can welcome April with cheers... Game plan -- let's kill this fat and never look back!

*Christina Larson*

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

Celebration. The gathering will take place from 5-7pm at Union Station. Small business candidates, including H&H, will showcase their products and services. Come out and support the H&H team. You can register at [www.kcchamber.com/events](http://www.kcchamber.com/events).

## Christina at "The Arnold" Annual fitness expo

Christina Larson was again part of the Optimum Nutrition team of sponsored athletes who attended the annual Arnold Fitness Expo in Columbus, OH, Feb. 27 - Mar. 2. This event is the nation's largest health and fitness exposition. It annually showcases leading businesses and organizations exhibiting the latest trends in the industry.



Christina with fellow ON team members

## Facebook Challenge Motivate others

Check in at the His & Her Fitness Facebook page when you do your creative cardio. Post a



positive comment and help motivate others to complete their cardio workouts, too. The person with the most check-ins will receive a gift!

## Trainer Tip of the Month

## Creative Cardio Library Use your arms, baby!



Beginner Cardio



Moderate Cardio



Advanced Cardio

## Christina's Kitchen A sweet start to your day

5 egg whites  
1/4 cup chopped spinach  
1/4 cup pre-cooked sweet potato



Whip egg whites and place in a small pan.

Cover and cook for 2 minutes.

Put spinach and sweet potato patties on top of eggs.

Flip, cover, and cook a little longer.

And, if you'd like, add a little hot sauce or ketchup to spice things up...



Tom Finholm, 2013 Trainer of the Year

## Keep moving - stay active

If your goal is to lose weight, it's important to be active to the point where you raise your heart rate everyday. Strive to do 20-30 minutes of cardio exercise every day for the best results.



## We Can't Wait! Let's Get Ready for Spring!

### Tips to get you started



It's been a long winter and hopefully it will soon be spring! We could all use an attitude adjustment! Why not begin now to get yourself ready for warmer weather and a fit and fun spring? Here are a few of Christina's tips to get you started:

- 1) Clean out your closet and get rid of clothes that are too big or too "comfy."
- 2) Take any food you don't need to a local food pantry.
- 3) When food shopping, only purchase food you need for the coming week.
- 4) Find and prepare one new recipe each week from the H&H website or Bill Phillips' *Eating for Life* cookbook.
- 5) If it's nice out, get your grill on!
- 6) Share food prep with your family.
- 7) Have fun with creative cardio at H&H after you lift weights. (There's no charge for this unless you work out with a trainer.)
- 8) Stay fresh -- drink 3/4 gallon of water every day.
- 9) Set a new goal with your trainers for this month.
- 10) Read positive fitness stories. (Check out H&H's "8 Weeks to Greatness" journals or the H&H fan page.)

Stay positive! You can do it!

## H&H and LionsGate

### A new partnership



*A Member of the ClubCorp Family*

His & Her Fitness is proud to announce a partnership with Nicklaus Golf Club at LionsGate. His & Her Fitness will offer seminars for LionsGate club members who want to take their fitness to the next level. H&H trainers will design the same type of programs for Lionsgate members as those created for H&H clients -- including individualized meal plans, progressive strength workouts, and creative cardio. H&H will also offer golf specific training and cardio plans. In addition, H&H cardio equipment will be available for those that need to be heart healthy -- and the H&H team will provide training on the proper usage techniques for the Arc-Trainer, Octane Fitness Elliptical, treadmill, and Real Runner. The Nicklaus Golf Club is happy to be adding value for its members and the H&H team is proud to be its specialty

studio.

## Upcoming Events at H&H



### Spring fitness events for all ages

His & Her Fitness is hosting three fitness events this March and April. From kids to adults 50+, from parents to professionals -- H&H is offering a little something for everyone.

**Balance and Flexibility Seminar:** H&H is offering a free balance testing and flexibility seminar for men and women 50+ on March 10 at 12noon. Kellen Brownlee will host the event. This seminar will inform participants about the benefits of balance and flexibility for 50+ individuals. Kellen will test participants on individual balance and flexibility measures and will demonstrate exercises to improve those measurements. Improved balance and flexibility lead to increased energy and the ability to better perform daily activities - plus the additional benefit of an improved attitude about age, health conditions and physical limitations.

**Spring Break Kids' Camp:** Are your kids looking for something to do over spring break? Do you have young athletes who would like to increase their skills while they're off from school? This spring His & Her Fitness will offer "Kids Camp" workouts from March 13 - 21. Kellen Brownlee will lead the groups in speed, agility and strength training workouts -- with plenty of fun, too!

**CPR Training:** On April 12, H&H will hold two CPR training sessions - one for for the general public and one for fitness/health professionals. The general public training is scheduled for 12noon; professional training will be offered at 1:30pm. The cost: is \$25 for the public class and \$35 for the professional class. This CPR instruction is an annual event provided by H&H as education and community service. The H&H teams believes that CPR certification is important to anyone -- parent or professional -- as a way to care for family and friends.

If you're interested in attending any of these classes, please contact Christina Larson. You can reach her at 913-206-7645 or [hisandherfitness@hotmail.com](mailto:hisandherfitness@hotmail.com).

## Client of the Month

### Gene Jones

Being chosen for Client of the Month is an honor. I am not the typical client at His & Her Fitness. I am not trying to lose weight or gain muscle. My goal is to stand and walk.



After my stroke last October, nothing in my body worked the same. When I was released from the hospital I was not able to support myself to sit or stand. Christina asked her grandma what she could do to help. The answer was to come to our house twice a week and give me strength training. Christina said, "You got it," and she arranged two sessions a week for me. One weekly session was with Christina and the second was with Ty. I did not believe exercising would help me. I now know I was wrong. Today I am able to sit up without falling over. My arms and legs are now strong enough to lift myself out of a chair, to walk with the help of a walker, and to walk up and down stairs. I could never have come this far without the help of Christina and Ty.

I am very blessed to have a granddaughter who is willing to take the time to help me. (And I love having those talks with her while she is training me.)

And thanks to you, Ty, for working with me. You are always upbeat and encourage me to do more. And, of course, a big thank you for showing me I can still dance with my wife!

## Team Member of the Month



### **Kellen Brownlee**

Let me start off by saying that all of the trainers here at His & Her Fitness are well deserved of this award. So it is a great honor for me to be selected as the Team Member of the Month. And I would like to thank Christina Larson for giving me the blue print to be a great trainer.

I'm looking forward to big things here at H&H in the month of March. I have two events planned -- and they impact clients and friends at both ends of the age spectrum. I'll be leading a kids' speed and agility class over spring break and holding a seminar on balance and flexibility for 50+ individuals. It's never too early or too late to begin to improve your fitness. Here's to getting started in March!

