



HIS & HER FITNESS

N O E X C U S E S

His & Her Fitness Newsletter

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Christina's Corner

Healthy vacations

Ah, vacation. When you go on vacation, does it take you to a completely opposite life style? Or do you just have a few cheats and then move on? Do you feel good and rested afterward or are you fatigued? Let's just face it. You have options -- and if you choose to lose the healthy lifestyle you have created, then just get right back on it.

If possible, it's always better to plan ahead rather than make a decision "in the moment." For example, if you know you're going to a nice restaurant, pick a nice white fish. If you're hiking or biking, take a homemade trail mix for energy. If you're golfing, take some protein bars that don't melt. And if you are going to have sugar, try to have protein with it. (To keep from over doing the sugar, stick to less than 15 grams within 2 hours, if you can.) Hydration is so important for energy, digestion, and much more. So when you travel make sure you have a water bottle and keep track of how much you drink -- and set a goal on your daily water consumption before you head off on your vacation.

After a meal take a walk with friends and family. Just enjoy that you are on vacation -- but set a goal to only gain 5 lbs or maintain, so that when you come back any weight gain is not too depressing. (One cheat I had on my vacation was I mixed a scoop of ice cream with my casein, balancing the protein with the sugar.)

Have fun and come back refreshed. Try each year to have a healthier you -- even on vacation!

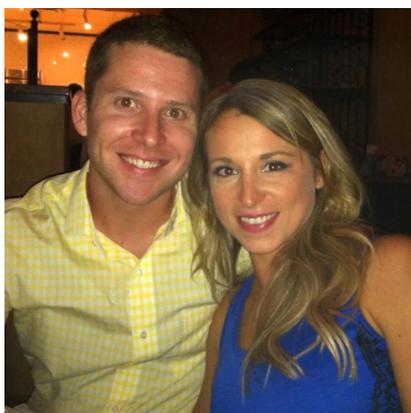




Congratulations to Billy!

Billy and Rachel got engaged!

Billy Finholm (H&H trainer) and Rachel Ewing are engaged! Billy asked Rachel on June 28, and she said "yes."



Congratulations and best wishes to the happy couple! Welcome to the H&H family, Rachel.

Checking In at H&H



An ON protein reward

Jane and David Stewart had the most Facebook "check-ins" for June. Their prize? Optimum Nutrition gave them a free container of Chocolate Mint Hydrowhey -- Christina's personal favorite. Kudos to the Stewarts!

Glow Run Fun

Christina Larson

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

Creative Cardio Library

It's all in the legs



Beginner Cardio



Moderate Cardio



Advanced Cardio

Christina's Kitchen

Chicken nuggets

- 2 boneless, skinless chicken breasts
- 2 egg whites
- 1/2 cup oat bran
- 2 tablespoons garlic powder
- Mrs. Dash BBQ seasoning (or your favorite)



H&H clients participate

On June 27th Nikki and Sue Lynch joined the fun at the Kansas City Foam Glow 5K. By the end of the run, each runner's white t-shirt was transformed into a unique "work-of-art."



Christina Goes International

Optimum Nutrition video

Christina is excited to be a part of the Optimum Nutrition video for Singapore. Look for her at the end of this short clip.



Optimum Nutrition Asia

Trainer Tip of the Month

Preheat oven to 450 degrees.
Cut chicken in 1 inch x 1 inch pieces.
Mix oat bran, garlic powder and Mrs. Dash seasoning.
Coat chicken with egg whites.
Then coat chicken with seasoned oat bran mixture.
Place evenly in a pan. (Spray pan with Pam first.)
Heat in oven for 32 minutes.
Serve with honey mustard or BBQ sauce.
Enjoy with your favorite veggie on the side.

5 Nutritional Pitfalls to Avoid

Suprising nutrional perils



If you want to lose fat or just be healthy, this article from the Poliquin Group details **five** nutritional pitfalls to watch out for. Avoid these traps:

- #1. Not having a set meal frequency.** You'll most likely benefit from more frequent meals, eating 3-6 times per day.
- #2: Being scared of hunger.** Learning to deal with your hunger will help you to get some perspective on your eating behaviors. Being hungry can become a tool to analyze the thoughts you have about food and eating.
- #3. Using food labels and media headlines to shape your diet.** Remember that packaged food labels are advertisements. They're marketing, not science. (*Sound familiar?*)
- #4: Not resolutely taking care of your gut.** Some foods we eat promote beneficial bacteria, while others promote dangerous bacteria. People who eat more animal protein and less fiber create a dietary profile for inflammatory "bad" bacteria.
- #5: Not monitoring your behavior when sleep deprived.** Lack of sleep has a profoundly negative effect on eating behavior because it increases our pleasurable drive to eat high-fat, high-sugar foods.

To get more information on these pitfalls and learn the fixes to these nutrition hazards, please check out the entire article at www.poliquingroup.com/tips

Cardio Event at H&H

Creative cardio fun

His & Her Fitness hosted a free creative cardio seminar on Tuesday, July 7. Twenty-two people attended and took the opportunity to both learn about and participate in creative cardio the "H&H way."

Personal trainers Christina Larson and Tom Finholm led the cardio training, along with help from Merrit Crawford. It was healthy fun for everyone.



Tom Finholm, 2013 Trainer of the Year



Your Workout Can Be a Walk in the Park

Summer fun

Summer is a time for family trips, vacations, weddings, outings with friends, and, of course, barbecues. Any or all of these events are likely to come up during your summer schedule. It's better to not harp about the bad choices you might have made at any of these fun events - just get back on track as soon as you return to your normal schedule. Things will always come up in life -- just remember that results are better when you keep your life in balance.

Add intervals on a park bench

In this week's newsletter from This Is KC.com Christina shows how to add a few strengthening moves to your run (or walk) through the park. Check out her tips on how to use a park bench for push-ups and one-legged tricep dips. Add a little toning to both your arms and legs while you get your cardio workout! You can read more at www.thisiskc.com/2014/07/workout.



\$500 Scholarship from His & Her Fitness

Two college students earn first H&H scholarship

His & Her Fitness is proud to grant two \$500 scholarships to two young students. Joe Maxwell and Nikki Lynch were both excited to receive their \$500 checks before heading off to college. H&H owner, Christina Larson, awarded the scholarships to Joe and Nikki based on their work ethic, leadership skills, community service and their ability to set a "high bar" for those around them. In addition, the recipients had to participate in at least one sport.

Joe Maxwell is going to the University of Missouri this fall where he will play rugby and study accounting. Christina got personal experience with Joe while he worked with the staff at the new H&H gym this summer. She is proud to report that among other things "he has common sense, exhibits teamwork, shows up early to work, and is easy to work with."

Nikki Lynch will attend University of Missouri/Kansas City where she has a soccer scholarship. Christina shares that "Nikki is engaged and eager to help, shows up early, is always positive -- and, as a result, she is lovely to work with." And she enthusiastically participates with the rest of her family at all H&H charity events.



Nikki Lynch, Christina Larson and Joe Maxwell

Providing this H&H scholarship is something that Christina has always hoped to be able to do -- helping a deserving young student and creating a way to give back to a few future leaders of America. She feels "honored and blessed" to help make each winner's future just a little bit brighter. Good luck to both recipients!



Client of the Month

Sydney Hoffman



My mom and dad have worked out at His & Her Fitness for a long time. I have played soccer since I was in kindergarten and my parents decided I might like to work on my foot speed with Kellen. So, last summer I started going to Kellen's Speed and Agility camp. I really enjoyed all of the cool things he had me do. Even when it was really hot out, I looked forward to learning from him. He taught me a lot of things -- like how to save my energy and breath when I run, how to pace myself, and that when sprinting you use short steps and when running longer distances you should use bigger steps to improve your speed and efficiency.



Probably the most important thing I learned from Kellen was the best form for running. This was very important when I decided to run track for my school. Remembering everything Kellen taught me led me to several first place finishes and a school record in 800 meters for 7th grade girls.

I've decided not to play soccer anymore, so now I spend my time running track, cross country and as many 5K races as my parents will let me. I've run two so far this spring, will run my third on the 4th of July, and even won first place in my age group in the Leawood Midnight Run in June.

I couldn't have done as well as I have without Kellen's help!! Thank you so much, Kellen!

Team Member of the Month

Eugene (EJ) Walter

I am proud to be named the Team Member of the Month for the third time this year! But I couldn't come to work at 6am with the energy I do without the support I get from everyone on the H&H staff. The guys make it a fun environment to be in and Christina is always looking for a way to push us and keep us busy.



I am humbled by the blessings the Lord pours out for me -- and especially by my clients who spend their time and money with me, and motivate me to do my best for them. I see them make progress or overcome an issue, and they just want to keep pushing onward -- all of which continues to elevate me to the next level, as well. I look forward to the climb ahead with my current clients, my coworkers, and my future clients.

God bless and keep climbing.