



news



His & Her Fitness News

News From H&H

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Christina's Corner

It's LOVE month!

Yes, it's LOVE month! It's the month when you can bring a friend, family member, or co-worker that you love to share your time with to H&H. It's a time of year where you show those you love what you do.

February is American Heart Month - the perfect time to think about your heart health. At H&H we advocate many things that help your heart health -- things like **1) cardio intervals** - you can see options on our Youtube channel



www.youtube.com/user/hisandherfitness (#creativecardio), **2) total body workouts** 2-3x per week and, **3) meal plans** that help you eat clean www.hisandherfitness.net/recipes. Your heart is a muscle, but you can't see it growing, pumping, inflamed, or more without a check-up. So at H&H we are on the "prevention side." We are here to help you have as much success as possible with a healthy body. For those of you that want a better understanding of the benefits of interval training, check out this link to a great video from the Mayo Clinic. <http://newsnetwork.mayoclinic.org>. And as your fitness expert, I strongly advise you to use a heart rate monitor so your personal trainer can keep you in YOUR zones and not over-train your heart. If you purchase one, just let me know and I will set it up for you. (Check out www.polar.com.)

About Us

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It's Heart Month

Are you seeing red?



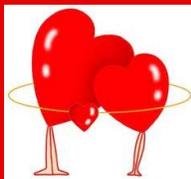
February has been designated as American Heart Month. In February the powerful and joyful color **red** symbolizes the

fight against heart disease in women. Heart disease is the leading cause of death for men and women in the United States. And 1 in 3 women die of heart disease or stroke according to the American Heart Association. The good news? Heart disease can often be prevented when people make healthy choices and manage their health conditions. (Like following the recommendations by the H&H trainers...) Go H&H! Go **RED!** For more thoughts on heart health, go to www.heart.org.

Valentine's Day

Share your heart-healthy love!

Celebrate Valentine's Day all month at H&H! Invite a friend, family member or other loved one to join you for a free workout at H&H any time in February. Share your heart-healthy routine! Just let your trainer or Christina know in advance.



And for another Valentine's treat, celebrate the gift of well-being at Massage Heights. Buy a \$75 gift card and receive a free elevation.



151 & Nail Project

Let's do this! Train in your fat burning zones. It's time to LOVE YOUR HEART. And as a BONUS, you'll see results even faster!

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

Creative Cardio Library

Try side steps!



Beginner Cardio



Moderate Cardio



Advanced Cardio

Christina's Kitchen

Chicken Taco Soup



- 1 medium onion, chopped
- 3-4 stalks celery, chopped
- 3 cloves garlic, minced
- 1 rotisserie chicken, cut up
- 1 large can enchilada sauce, hot or mild according to preference

- 1 can Rotel tomatoes, hot or mild according to preference
- 1 can diced tomatoes
- 1 can black beans, drained and rinsed
- 1 can pinto beans, drained and rinsed
- 1 can white shoepeg corn, drained
- Peppers (sliced and de-seeded), if desired
- 1 box chicken broth (use all or some depending on desired thickness of soup)

Saute onion, celery, and garlic (plus any peppers) together in olive oil in a large soup pot until softened.
Add remaining ingredients.
Heat to just below a boil and let simmer for at least an hour.

Garnish as you wish -- try avocado slices, tortilla strips, grated cheese and/or a dollop of low-fat sour cream.

WE ARE PARTICIPATING!
in the Blue Valley Middle School 8th grade Fielding Working in our Community!



Community support

On March 31 His & Her Fitness will again host 8th grade students from Blue Valley Middle School. The students will be visiting as part of a fieldtrip with the goal of learning about local businesses.

Trainer Tip of the Month



Tom Finholm, 2014 Trainer of the Year

Happy Valentine's Day!

With Valentine's Day upon us, it can be hard to resist the sweet taste of chocolate. It's okay to cheat a bit on chocolate, but be sure you focus on chocolate that is high in cacao content. The cacao bean produces the healthiest type of chocolate because it's full of antioxidants and is free of sugar and preservatives. When shopping, seek out chocolate bars that contain at least 70% cacao. But remember, moderation is the key! Happy Valentine's Day, everybody!

FYI... this soup is often best the next day. Whenever you serve it, enjoy a warm and healthy dinner!

Recipe courtesy of H&H friend, Joy Dodd.

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

Newsorthy Notes

FOX4 News and KC Business Journal

On January 25, Christina Larson joined the FOX4 News team to talk about protein and protein supplements. Her basic "protein recommendations" are:



1. Make sure protein is a part of each meal.
2. Eat five small meals per day.
3. Eat natural proteins, if possible.
4. Strive for no more than 2 supplemental proteins per day.

She also recommends that as you plan your meals, make sure there is a good balance of protein+fiber+starch+fats specific to your own healthy lifestyle goals. Additionally she notes that you should always read the labels and recognize that protein supplements are meant to supplement, not totally replace, natural proteins. Christina also points out that although she is not a nutritionist, she and the rest of the H&H team always support "clean eating" and recommend that you contact a doctor or nutritionist if you have specific questions.

The entire FOX4 News interview is available for viewing at <http://fox4kc.com/2015/01/25/protein-tips>. Three points in the discussion require clarification: 1) hydro whey has 2 grams of carbs - it's not carb-free, 2) gold standard whey is not a meal replacement (www.optimumnutrition.com/products/100-whey-gold-standard), and 3) Casein should not be used to manipulate weight loss (www.optimumnutrition.com/products/100-casein-protein-p.)

Also in January the His & Her Fitness gym expansion was high-lighted in the *Kansas City Business Journal's* online article on business growth in Johnson County. Christina shared her excitement, stating "This has been a vision of mine for a couple of years now, and I am so excited to offer this gym as another option to the community." Use this link to read the full article at www.bizjournals.com/kansascity/news/2015/01/21.

Success Meals KC Offers Healthy Meals for Two



Good eats for Valentine's Day

Success Meals KC has a Valentine's Day offer for couples. Through Friday, Feb 13 you can order a Couple's Program for \$1,250 and receive six weeks of customized meals for two, delivered directly to your door. Easy and healthy meals for the two of you! To order call 913-894-6325 or visit the website at www.successmeals.com for other meal packages.



Creative Cardio Rocked on Saturdays

H&H and Lucy teamed up for an active January

H&H was rocking with creative cardio classes at 7am and 8am each Saturday morning in January. Trainers Merrit Crawford and Sara Mills led the fun-filled early morning sessions. Activewear from Lucy was offered on-site and DJ Ashton Martin helped keep the energy going. (For more information on Ashton, check out his app at <https://play.google.com/store/apps/>.)

Everyone agreed that it was a great way to get the weekend started!



Christina Larson featured in LucyPRO

Check out the Lucy newsletter

Christina Larson was honored to be featured as the LucyPRO of the month in Lucy's January newsletter. (She was nominated by Carol Halper from the Leawood Lucy store.) Christina tells her story -- how her path led her from small-town Kansas to becoming a fitness professional. Her goal? For everyone to lead a healthier and happier life!



You can view the LucyPRO newsletter at <http://view.ed4.net/>.

Christina's complete interview is at

<http://lucyactivewear.tumblr.com/post/108654883991/featured-lucypro-christina-larson>.

Client of the Month

Kathy Brown



Since I've been working with my trainers Billy Finholm and Merrit Crawford, I have really been motivated to get in shape. They are both great trainers and do a wonderful job holding me accountable and keeping me on track!

Each workout hour goes by quickly and I can feel the progress in my strength and energy. Plus their advice on diet has been extremely helpful -- and simple! They make it easy for me to "stick to it" and stay focused.

Looking and feeling good definitely outweighs tasting good! Thanks guys!

Team Member of the Month

Merrit Crawford

http://www.hisandherfitness.net/trainer_34.asp?t=Merrit-Crawford



I am excited to be chosen as this month's Team Member of the Month. It has been an absolute pleasure joining the His & Her Fitness team and family. I love working with all my clients and seeing them reach new goals -- and pushing them past their limits! In today's society so many gyms come and go, but with the way Christina has built H&H over the last ten years, I know that H&H is the "real deal." I look forward to helping the business grow and prosper. There are many new things happening every day so be sure to keep up with us on Facebook, Twitter, and Instagram!

Thanks again to ALL the H&H team and clients for making every day a joy for me! You're the reason I enjoy coming into the gym! Now let's smash some 2015 goals!

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.

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