



His & Her Fitness News

News From H&H

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Christina's Corner

The whole picture

I have been a personal trainer since 2001. Yikes! When I look back, I can truthfully say that I love it more now than I did before. At His & Her Fitness we take a look at each year and evaluate what we can do better. Each year I still go back to the core values of what TEAM H&H provides -- and the fact remains that we teachers and leaders for a healthy lifestyle.

Look around -- I think the world needs more educated individuals helping people be healthy. At H&H our team takes pride in teaching you proper techniques with weights and machines to prevent injuries while improving your body. Personally I take a CEU every year with a class of physical therapists and occupational therapists. I take the class not because I am a physical therapist, but because I need to know why people have injuries and how to PREVENT THEM. I am not your normal trainer -- my training process is individualized to each of my client's goals. (Those goals could be as diversified as "do cardio 4x week," "make it to your personal training session on time," "keep a food log," or "take out fake sugars.")



Back in 2001 when I started my training career the only marketing language that I needed to educate my clients about was "FAT FREE" or "LOW FAT" on packaging labels. Now product marketing is stronger... seriously, read the LABELS, not the ADS. I have personally run into this myself -- I see "quinoa enriched tortilla," so I grab it and

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Spring Break w/ Merrit

Keep your kids active



Spring break for your kids is right around the corner. Do you all have a plan? Why not schedule a fitness class for your kids and their friends! Join Merrit Crawford in keeping kids active over their break. The best way to fight obesity and heart disease is to educate -- so each class will include some education. Then the group will put those practices to work and work up some sweat! Contact Merrit or Christina to set up a class time. FYI... Merrit plans to offer Active Kids Classes this summer, too.)

Special His & Her Fitness Certification



Trainers to receive "H&H certification"

His & Her Fitness will soon have its own official certification program for current and future staff. This in-house training will create an extra step in each trainer's education process and will reinforce the H&H way for everyone -- H&H leaders, team, and clients. This additional certification program supports the H&H mission of helping people live a healthy lifestyle -- one person at a time.

Lower Your Cancer Risk

Six recommendations

Cancer is not a disease that is

think it's mostly made of quinoa. But, nope -- it's only "enriched" with quinoa. So take your time. I try to stick to having foods that are what they are -- meaning the ingredient list of my almond butter says almond butter. It does not have salt, sugar, or some word that I have to look up because it's a chemical that my body would have no idea what to do with. For the training side, stick to the H&H program and don't allow the "marketing world" get to you. And when you have any doubt, just read our "8 Weeks to Greatness" success stories. (H&H offers the "8 Weeks" opportunity every year and each year participants have the same great success! www.hisandherfitness.net/8weeks)

H&H offers an inclusive perspective with progressive workouts, creative cardio, and meal planning programs -- with each piece tailored to each client's lifestyle. Life changes, big or small -- such as having a baby, changing jobs, extra stress, not sleeping, and more -- are reasons why we alter your workouts. Change can be key for your continued success with goals or a maintenance program. At H&H we are always here for you and happy to help!

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

Creative Cardio Library

Step up your cardio!



Beginner Cardio



Moderate Cardio



Advanced Cardio

Christina's Kitchen

Pumpkin muffins



- 5 egg whites
- 1 scoop Whey Gold Standard (chocolate)
- 1/2 cup oat bran
- 1/2 cup canned pumpkin puree
- 1 tsp vanilla extract
- 2 tsp coconut butter
- Dash cinnamon
- Dash pumpkin spice

Mix all ingredients in bowl.
Pour batter in muffin tin. (Makes four muffins.)
Bake 22 minutes at 375 degrees.
For icing -- mix one scoop of Whey Gold Standard (vanilla) with

easily controlled, but there are a few things you can do to help lower your cancer risk.



An article in *Healthy Living*, the American Cancer Society's online newsletter, details six steps you can take to help reduce your cancer risk. It's not difficult to see that those same six steps will also result in an overall healthier lifestyle.

1. Take cancer screening tests regularly.
2. Maintain a healthy weight.
3. Exercise regularly.
4. Eat a healthy diet.
5. Avoid tobacco.
6. Limit alcohol.

Check this link to read the full article and get more information on each recommendation:
<http://img.delivery.net/cm50>

Trainer Tip of the Month



Tom Finholm, 2014 Trainer of the Year

Get ready for spring

Spring is finally almost here! Many of us can't wait to get outside to run, jog, bike, play tennis, or even walk around the block. Just be sure to stretch both before and after you exercise. Many people stretch before they work out -- but they forget to stretch after they exercise. Be sure to stretch those muscles after they are tired from your workout, too. Enjoy spring -- but remember to stretch!

a little water and a dash of cinnamon. Enjoy a warm and healthy snack!

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

Fitness Again for Matthew's Ministry Kids

Back to the basics



Christina has returned to Church of the Resurrection to again provide a fitness experience for the special needs kids in the Matthew's Ministry program. Last year she and Mary Jo Lang worked with the kids; Merrit Crawford has now joined Christina to keep this once-a-week interaction going. H&H has donated dumbbells and medicine balls to the group for these

sessions as the kids engage in basic and progressive workouts. Each week means a step forward for everyone!

Creative Cardio Continues to Rock

The beat goes on...

The January creative cardio events with Lucy were so successful that H&H is keeping them going! Sara Mills and Merrit Crawford are continuing to offer these energetic classes at 8am and 9am on Saturday mornings. Everyone -- at all levels -- is welcome to join the action. And it can be a fun way for parents and children to exercise together. Ask Christina about other times -- or to create a time slot that works for you.



Don't Forget about the H&H Scholarship

Opportunity for high school graduates

The His & Her Fitness scholarship is available to students who:

- 1) will be freshmen in college next year
- 2) have some affiliation with H&H, and
- 3) are student athletes (at least one sport)

If you or your student athlete is interested, you can find scholarship applications on the His & Her Fitness website under each trainer's profile. www.hisandherfitness.net/our_trainers.asp

H&H Teams Up for Executive Training

"8 Weeks to Greatness" provides inspiration

Christina and the H&H team have been out and about talking about fitness to more business professionals. The team was honored to work out with 20 executives from the Cretcher Heartland sales team. Chandler Cullor, president of Cretcher Heartland, invited H&H to provide fitness training to his sales staff when he witnessed the remarkable changes he saw in Stephanie Woltemath as she participated in last year's "8 Weeks to Greatness" program. (Stephanie is a member of his sales team!)



Stephanie Woltemath with her trainers Merrit Crawford and Christina

Christina and Merrit Crawford trained the execs with weights; Sara Mills and Billy Finholm led everyone in a creative cardio workout. The sales group also learned about heart rate zones and how to use them to reduce stress levels, increase metabolism, and decrease chances for heart failure. Christina gives a special thanks to Stephanie for making such a life change and to Chandler for helping his team to a productive power hour. It was another demonstration on how Team H&H can help individuals learn how to live a healthy lives.

Client of the Month



Tom and his wife, Lori, at their first competition last year.

Tom Dusterhoft

My name is Tom Dusterhoft, and I'm the owner of three Massage Heights locations here in the Kansas City area. I've been involved in the healthcare arena all my life -- from sports, to my professional life, to owning my own health-related business, and working out to stay fit and healthy. It's what keeps me vibrant and on top of my game.

In high school I played football, basketball, and baseball with success in all three sports. I earned a baseball scholarship at University of Central Missouri and played on championship teams. Then over a year ago I embarked on an athletic competition that I had never imagined -- my wife asked me to join her and participate in Muscle Mayhem in Dallas last May. I worked with Christina and her staff for more than four months to prepare myself for the experience of a lifetime. Being a gym rat already I had no problem with the workouts, but I knew it was the diet that was going

to hold me back, if anything. Christina coached me to make incremental changes along the way and then, depending on my progress, make further adjustments. It was one of the toughest things I've ever had to do.

Because of Christina's devotion to my goals and success, I accomplished what I would only have dreamed of with someone else. The experience was so exhilarating and uplifting -- I am so proud of what my wife and I accomplished together. We created a lifetime memory. And at His & Her Fitness we found you can accomplish your most lofty goals of health and wellness.

Team Member of the Month

Sara Mills

www.hisandherfitness.net/trainer_36.asp?t=Sara-Mills

Being chosen as Team Member of the Month, after only working at His & Her Fitness for a short time, is such a blessing. I love coming into work before sunrise everyday and seeing all of the clients and trainers with smiles on their faces. Being a part of someone's fitness journey is such an emotional and rewarding experience -- not only for me, but for all the trainers here at H&H. Watching the clients work hard and reach their goals is the best part of this job. Knowing that I impacted their lives in a positive way is truly humbling.

I love being brought out of my comfort zone because I know that is where greatness is achieved -- and I tell that to my clients all the time.

"Life begins at the end of your comfort zone." -- Neale Donald Walsch



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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