



His & Her Fitness Newsletter

January, 2016

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Christina's Corner

A new year -- and we're off to a great start!



It's cold outside, but it's hot inside at His & Her Fitness! The best year yet! And the team has already been rocking #nofluffJanuary with new creative cardio sessions every Saturday at 7am and 8am -- plus there's also shopping with our friends at New Balance and more.

And more exciting news! Our official #8weeks_to_greatness results are out and are printed in the January edition of *435 Magazine*. Please check out our ad and then read the amazing blog at <http://hisandherfitness.net/8-weeks-to-greatness-2015/>. We also enjoyed bringing back all of the "8 Weeks to

Greatness" participants from past years for a group picture -- and we're all still looking good!

The best thing about January in a personal training studio is that we are only growing in the size of our fitness family -- not in the size of our waists! So keep rocking and stay on point with your SMART goals. At H&H, we are always here for you!



"8 Weeks to Greatness" Reunion

Christina Larson



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

Creative Cardio Library

Lunges and squats - two directions, three speeds!

Creative Cardio Rocks at H&H

January fun!

Start your January with creative cardio fun at His & Her Fitness! Classes start at 7am and 8am every Saturday in January. Just \$10/session. And New Balance and Massage Heights will also be on hand to add to the fun.



7am cardio group / January 2



8am cardio group / January 2



Beginner cardio



Moderate cardio



Advanced cardio

Christmas from H&H



Lucille and Greg Barber show off their H&H gym bags

Don't forget your gift!

If you haven't already taken home your H&H Christmas gift -- an H&H gym bag in your choice of pink or blue

-- don't forget to pick it up soon! It's both fun and functional!

Christina's Kitchen

Fudge!

- 1 scoop chocolate Hydrowhey
- 1/2 scoop almond flour
- 4 tsp coconut oil
- 5 Tbsp natural peanut butter

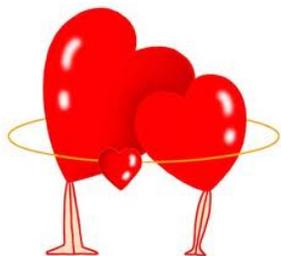
Mix Hydrowhey, flour and coconut oil together in bowl.
Place mixture evenly in bottom of a sandwich-size container.
Melt peanut butter and then spread over chocolate layer.
Cool in refrigerator.
Enjoy a healthy snack when fudge is set!



And you can check out the Barbers' H&H story on YouTube at www.youtube.com.

2 by 2 in February

Invite a partner!



Please invite a friend, a family member, a co-worker, your significant other — anyone you like! Ask them to join you at H&H for one of your February workouts. Exercising is always more fun with a partner! #fitfam!

Trainer Tip of the Month



Merrit Crawford
2015 Trainer of the Year

New Year's resolutions

This time of year everyone is making New Year's resolutions - and one of the most common resolutions is to get in shape. A great way to make this resolution last longer than a month is to NOT overdo it. Ease into a new healthy lifestyle. Make small changes over time so you don't burn out! Stay steady and consistent.

H&H on Fox4 News

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

A Healthy Christmas Dinner

Family fun at Christina's



This holiday Christina was honored to host a family Christmas at her house – the fitness way, of course! The menu included chicken parmesan, barbecue wraps, jar salad, dill dip, and brownie pops – all recipes from the H&H website. And her family said they loved it! As Christina says, "You can be healthy – just make it happen! (You can find all the recipes at [http://hisandherfitness.net/recipes/.](http://hisandherfitness.net/recipes/))



H&H Cheers On the Chiefs

Congrats to KC Chiefs on play-off success



Despite the wet weather, Christina Larson and Aja James enjoyed every minute of the Chiefs' game on December 13. They send a big thank you to James Taylor of La Bodega for their invitation to the game -- and a special thanks to H&H friend Ed Budde (former KC Chiefs all-star and president of the Chiefs' alumni group) for his invitation to the Founder's Club. Go Red!

Fat vs. Muscle

Think about it and stay smart



Just a little reminder from Christina and H&H trainer Rob Crane... Remember to think about fat vs. muscle. Of course we'd all rather have more muscle than fat! So start the new year right and build that muscle. Progressive weight training, creative cardio, and clean eating are the keys – along with help from the H&H team!

Christina shares creative cardio tips

Christina Larson and Angie Carroll (H&H's "8 Weeks to Greatness" leader in 2015) kicked off the new year by demonstrating creative cardio options on Fox4 News on January 3. You can view the interview and get a few ideas for your own workout at <http://fox4kc.com/2016/01/03/593344/>. Christina will tell you – January is a great time to start your own creative cardio routine!

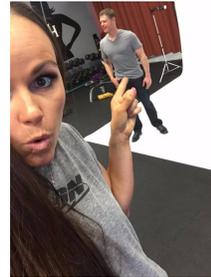


December Photoshoot at H&H

Behind the scenes



At least once a year (and sometimes twice!) there is a big photoshoot at H&H. Trainers, team members, "8 Weeks to Greatness" participants, clients, friends – in other words, lots of H&H #fitfam members have participated! And those photos take a lot longer than you might think! Have you ever wondered exactly what goes on? Here are just a few behind the scenes pictures from December...



Client of the Month

Dave Dandurand

When I received word about being nominated as the His & Her Fitness Client of the Month for January, I was honored – no doubt about it.

I showed up at H&H last August and I was not in the best of shape. I was also not sure what to expect. I'd never used an athletic trainer before, so I was a bit overwhelmed by taking the leap. But, being an athlete all of my life, I didn't like the way I felt and I sure didn't like the way I looked. I needed to change.

Well, that change happened. With the help of Merrit and the rest of the staff at H&H, I'm a new man. I'm eating much better (thanks to their diet and recipe suggestions) and I'm working out smarter. The weight training has increased my core strength and flexibility and the cardio options are a perfect fit for my lifestyle. I've dropped over 20 pounds, put back on some muscle, and, at 54 years old and a grandfather of 2 little girls (soon to be 3!), feel so much younger and stronger. The sweat has been worth it!



I'd belonged to a "big box" gym in the past. Won't go back. H&H Fitness works for me. It's the personal training and "get to business" attitude at this gym that does it. You feel accountable to the H&H process -- and the team's constant positive feedback is so important. More importantly for me though, is the feedback I get from my wife Jackie. She's my biggest cheerleader and I can't thank her enough for her never-ending support and love. Now on to the next workout!

Team Member of the Month

Merrit Crawford

<http://hisandherfitness.net/merrit-crawford/>

It is great to be selected as Team Member of the Month for January. The end of the year is always hectic with the holidays and everyone did an awesome job staying on track. The H&H #fitfam ended 2015 on a high note!

And now we have some great things in store for His & Her Fitness in 2016! So let's get this year started off right -- make 2016 a year for new goals and new results! Take advantage of the January creative cardio on Saturday mornings. And don't forget that February is "love month" and you can bring in a friend or loved one to train with you for free!

Let's get started now. Let's kick 2016's glutes!



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.