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His & Her Fitness Newsletter

August, 2016

Volume 7, Issue #7

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Quote of the Month

By Rob Crane, Trainer

"Your choices reflect your results. You have

Christina's Corner

Are you as excited about back-to-school time as we are? We know your schedules will be changing, so all you have to do is let us know what works best for you. We'll make it happen. We are lifestyle trainers who work as a team. We're here to help create a plan that is optimal for you and your success in staying healthy. Here are some general tips to help you make the transition from summer to school year schedule:



- Working out with weights two times a week is the minimum to prevent muscle atrophy, which can lead to injuries and illness
- Do cardio at least 3-6 times per week for 30 minutes to keep your heart happy and blood flowing.
- Eat five meals a day on a normal schedule, and six to seven to fuel your body if you're low on sleep
- Communicate with your trainer about what's hard for you so we can be the voice of reason and come up with alternatives

Finally, don't sweat the details. Lean on us to individualize your plan as life and schedules change. After all, our mission is, "Helping one person at a time live a healthy life."

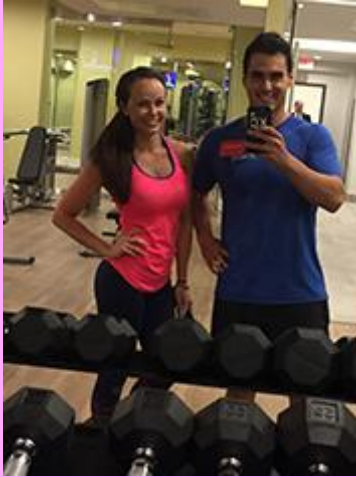
[Christina Larson](#)
Owner / Trainer MCPT-PFI / ON and ABB Sponsored Athlete

Creative Cardio Library

**the power to determine
your own destiny."**

Power & Light Ribbon Cutting

Excited to see all the success
for P&L, our downtown
partners.



Beginner cardio



Moderate cardio



Advanced cardio

Christina's Kitchen

Fiesta Wrap

Perfect for back-to-school nights when time is tight.

4 chicken boneless skinless
2 tsp of garlic powder
2 tsp of Mrs. Dash zesty lime seasoning
Jar of salsa

Slow cook the above in crock pot until tender.

Flat Out wraps
Yellow and red pepper strips
3 slices of avocado
Lime wedges



Arrange pepper strips, avocado and 4 oz. of chicken over wrap. Squeeze lime juice over the top. Roll up and enjoy at the table or on the go.

H&H Around

Thanks to Levi Young's cousin, Josh Earnest, White House press and KC native, we were blessed to be at the White House to enjoy the President's recognition of World Series Champs, The Royals.



Dr. Levi Young, Josh Earnest and Christina Larson



Dayton Moore



Creative Cardios! Just a few weeks left.
August 6th 7 & 8 am
August 13th 7 & 8 am
August 20th for First Hand Foundation 7 pm



Hall of Famer and friend of Christina Larson, Ed Buddy. Since 2005, Team H & H has sponsored the "Caring for Kids" Golf Tournament and our Save the Date Christmas party silent action always goes to support them as well. Christina was awarded by the NFL Alumni for her loyalty of support for the cause.

Rusty Smith

Wow, what a surprise and an honor to be selected as the H&H Client of the Month. I thought one had to achieve his or her ultimate goal to be selected, but it turns out you're also in the running if you're making a genuine effort and following a disciplined routine.

I've trained consistently with Christina for over a year now, and I'd venture to say I may be one of her biggest challenges. While Christina preaches meal planning, eating clean and fewer "adult beverages," I counter with a philosophy that I work out so I can enjoy eating and consuming what I want. Christina and I have reached a happy medium in that she continues to coach me in the right direction on eating right, healthy alternatives, the importance of cardio and strength training, and I stay honest by sharing with her what I actually do eat and staying disciplined in my exercise regimen.



I love how as a personal training client I have access to all the cardio equipment on the studio side at no extra cost. I must admit that while I have a way to go, I do eat less, make better food choices and make cardio and strength training a priority. There is no doubt I am stronger and in better overall condition than I was a year ago. If I had not connected with Christina and her professional H&H staff, it's hard telling where I might be today.

Staying healthy is important to me as I retired last year and want to be able to continue to stay active with golf, running/walking, and church and volunteer activities, especially Wayside Waifs and The Leukemia & Lymphoma Society. By the way, if you'd like to support me in a current endeavor, please go to <http://pages.lightthenight.org/mid/kscity16/rsmith> and make a donation in support of LLS and their Light the Night event to be held next month. Any amount is much appreciated.

Thanks again to H&H for honoring me this month. I will continue to work toward my ultimate goal and know with the encouragement of Christina and her staff, I will get there sooner than later. No excuses!

Team Member of the Month



Adrian Iliescu

<http://hisandherfitness.net/adrian-iliescu/>

It is an honor to be chosen as the Team Member of the Month for His and Her Fitness! Since I started here in February, I have learned so much about the profession from Christina and the rest of the staff. Seeing clients progress through their goals and building on those accomplishments is what motivates me most. I am excited to see continued success with clients as the dog days of summer continue. Thank you to His and Her Fitness for this recognition.

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.

Confirm that you like this.

Click the "Like" button.