

# HIS & HER FITNESS

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## **Jeffery Cooks** Senior Partner of Mergers and Acquisitions at Sunbelt Business Brokers

I was going through personal trainers like t-shirts! Same routine- no dedication, no plan no goals no change- NEXT! Christina provides invaluable support for my journey to optimum health and fitness. I met her 4 years ago and weighing in at 252lbs and 26% body fat. I'm currently sitting at 235 lbs and 7.5% body fat. I now have the strength and endurance to keep up with my three children AND my wife! I couldn't have done it without Christina's patience and support.

## **Michele Stauffer** Owner & President of Kansas Aircraft Corporation

The world of aviation is a very male dominated arena. Surviving much less succeeding is not easy; I need to be at the top of my game to continue building on my accomplishments and successes. I believe working out with Christina and maintaining a healthy diet helps me manage my demanding life. I was introduced to Christina at a charity auction where I won personal training sessions with her. It only took one session to see how hardworking, motivated and energetic Christina is about personal training. Christina, like me, is passionate about her work and she knows my strengths, weaknesses and when to push me to keep going. Certainly, there are days that I would prefer not to go workout or forgo a healthy lunch option, but I have found when I do, I lack the energy and focus to get me through the day.

## **Bruce Cramer** President of Cramer Capital Management

I have enjoyed the benefits of a fit and healthy lifestyle for many years. As a small business owner whose focus is client contact and exceptional client service, I must call on all my reserves of good health. With my demanding schedule, a personal trainer is a must to keep me on track with my personal goals and up to date with the newest training techniques. I rely on Christina and Jonathan at His and Her Fitness for these needs. Through their commitment to my health and fitness, I can stay focused on my business with the stamina and energy required to maintain my rigorous lifestyle.

## **About Christina**

Working out has been an integral part of Christina's life from a very early age. "I started working out every morning at age 12" says Christina "I loved the energy and clarity it provided me for the remainder of the day." Christina's workouts provided a strong foundation for sports in high school and college. But it was a soccer injury left Christina with a torn ACL, which put her on her career path. "The injury and rehabilitation sparked my interest in physical therapy," she says "I immediately consumed myself with the practice. I focused my college studies on it and worked as a physical therapy tech for four years." She loved helping people rehabilitate their bodies, but quickly realized she wanted to do more preventative maintenance than rehabilitation and opened His and Her Fitness in 2005. "It thrills me to help people transform their lives," she says "I love sharing the excitement when a client reaches their goals." Christina has become almost like a family member for many of her clients, she is always running from birthday parties to graduation parties for her client's families. Christina says "this is my life and I love every part of it, I am so lucky to have a career that weaves into every fiber of my being. I am excited everyday when I wake up and think of my day ahead, I am truly blessed."

HIS & HER  
FITNESS

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