



AUGUST 2009



Personal Training with KT

"No Problems, Only Solutions"

WORK IT!

CRAVING SALTY?

Low-calorie options for those times you just can't resist!



- * 5 olives (any kind) (45 calories)
- * 1 small Martin's pretzel (50 calories)
- * 2 oz Applegate Honey and Maple Turkey Breast wrapped around 2 bread-and-butter pickles (80 calories)
- * 1/4 cup hummus, 3 carrot sticks (80 calories)
- * 1 Laughing Cow Light Swiss Original wedge, 3 pieces Kavli Crispy Thin (85 calories)
- * One 1-oz package tuna jerky (90 calories)
- * 1 oz buffalo mozzarella, 1/2 cup cherry or grape tomatoes (94 calories)
- * 1 bag Baked! Cheetos 100 Calorie Mini Bites (100 calories)
- * 50 Eden's Vegetable Chips (130 calories)
- * One 1-oz package of Planters Nutrition almonds (130 calories)
- * 1/4 cup Trader Joe's Chili con Queso, 18 baked tortilla chips (140 calories)
- * 1/2 cup pumpkin seeds in shell (143 calories)
- * 2 pieces (30 grams) prosciutto, 4 dried figs (154 calories)
- * 1 Subway Turkey Breast Wrap (190 calories)

Hi, all! Hope everyone is continuing to enjoy the summer weather! In this edition of the newsletter, I wanted to let you know about my summer and fall class schedule, which is ever-expanding. My most recent addition — **boot camp class**, which is much less intimidating than it sounds. Scheduled **August 3rd—31st, 5:45 a.m.— 6:30 a.m. at the Pine Island City Park**, this class is guaranteed to start your day right by using a variety of exercises designed to get your heart rate up, increase endurance, burn calories, and improve agility. Contact me by phone or email for more details!

I'm also holding muscles tone classes through Rochester Community Education this fall at Century High School in northeast Rochester. To sign up, contact Community Ed. I'm happy to supply more information!

See the rest of my class schedule below. More details to come about Pine Island classes this August. Also featured this month is the incredible success story of Charity Parkin, who's lost more than 100 pounds through better fitness and nutrition. I've also included information about low-cal salty snacks and an easy exercise option at home.

Wishing you a wonderful month! Happy training!

Katie

MUSCLE TONE CLASSES

SUMMER

Location	Day	Time	Dates	Cost
Zumbro Valley Landscaping, Wanamingo	Thursdays	7:15 p.m.—8:15 p.m.	July 30th—Sept. 17th	8 sessions \$60
Pine Island	TBD	TBD	TBD	Coming soon!!

FALL

Century High School, Rochester	Saturdays	8 a.m.—9 a.m.	Sept. 19th—Nov. 14th	8 sessions \$56
Century High School, Rochester	Mondays	6 p.m.—7 p.m.	Sept. 28th— Nov. 23rd	8 sessions \$56
Goodhue High School	Wednesdays	5:15 p.m.—6:15 p.m.	Sept. 30th—Nov. 18th	8 sessions \$60

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A Personal Trainer specializing in nutrition, weight loss, and weight management, Katie Burdick trains at Anytime Fitness in Rochester and at Workout 24/7 gyms in Mazeppa, Zumbrota, and Wanamingo. She also offers classes Pine Island, Plainview, Wanamingo, and Goodhue. She has a master's degree in Exercise Science and Health Promotion from California University of Pennsylvania and a bachelor's degree in Dietetics and minors in Psychology and Health and Fitness from the University of Wisconsin Menomonie – Stout. She holds a personal training certification through NETA (National Exercise Training Association) and NASM (National Academy of Sports Medicine). She is also nutrition professional, having worked as a dietetic technician at the Mayo Clinic for nine years.

EXERCISE OF THE MONTH

STEP UPS

Step Ups are exercises that seem like a good idea, but it can be hard to know whether you're achieving anything. Well, worry no more because step ups really do work the glutes and the hamstrings well: The trick is making sure you're stepping up onto a platform that's high enough to actually activate those muscle fibers. About 15 inches tall is enough. Holding dumbbells adds nice intensity to the movement; a band wrapped under the step, as shown below, really increasing intensity if you keep the tension up.

How to do it:

1. Stand behind a 15-inch platform or step, weights in hand.
2. Place the right foot on the step, transfer the weight to the heel and push into the heel to come onto the step.
3. Concentrate on only using the right leg, keeping the left leg active only for balance.
4. Slowly step back down and repeat all reps on the right leg before switching to the left.



Perform 1 to 3 sets of 10 to 16 reps according to your fitness level and goals.

SUCCESS!!



CHARITY BEFORE

NAME: Charity Parkin

AGE: 33

OCCUPATION: Sales Associate

WEIGHT LOST: 100+ pounds

After a three-year journey that's resulted in more than 100 pounds in weight loss and a new life outlook, Charity Parkin feels she can "accomplish the world." "I basically have been heavy my whole life," she said. "Food was my comfort...Now that I have my whole new outlook and my new body, it's a whole new ballgame." Her first steps into this transformation began after the death of her husband's grandfather, who passed away three years ago from cancer. His passing caused Charity to reflect, and with that eventually came a desire to improve her health, her energy, basically herself. "I conned my mom into buying me a membership, with the understanding that if I didn't do anything, I would pay her back." No refund needed. After six months under the guidance of a trainer and nutritionist, Charity lost 50 pounds, and was committed to a strict exercise regime and diet. Her progress was interrupted, however, upon news that she was pregnant. "Both of my children were high-risk, so I couldn't do as much," she said. She returned to the gym to lose the 50 pounds she'd regained, and decided to hire Katie as a personal trainer after she plateaued at 80 pounds gone. "I wanted to challenge myself," she said. "I'm working out, and I'm not getting the results I want. I can do it myself, but I need the motivation." Now with 100 pounds gone with hopes of losing 30 more with the help of Katie, Charity is seeking skin removal surgery, and has a zest for life that's supported by regular exercise, sound nutrition, and a positive outlook. And she challenges others to confront their struggles and embrace change. "You can run a household, and still eat well and still find time to work out."



CHARITY AFTER