



# Personal Training with KT

"No Problems, Only Solutions"



## Happy Holidays!

### ANNOUNCEMENTS!

#### TRAIN and SAVE

From Dec. 1—Jan. 1, purchase a package of 12, 16, or 26 personal training sessions and receive the same percentage off your next package purchase!

e.g.: 16 sessions means 16 percent off when you re-up ANY personal training package!

#### GIVE THE GIFT OF HEALTH!

Purchase gift certificates for family and friends this Christmas! A meaningful way to show you care!

#### CURRENT CLIENTS

You will receive email notices every Sunday outlining your appointments for the upcoming week!

#### ANYTIME FITNESS CLIENTS

Don't forget to record your workouts following your session!

Season's greetings! I'm sure some of you are already gearing up for holiday celebrations — and the many details associated with outings and events marking the occasions. Sometimes neglected or stressful, however, are healthy approaches to the get-togethers, which are often plagued with high-calorie comfort food and drink and limited physical activity.

Here are some easy tips to help you enjoy both enjoy the festivities and keep you on track:

- Stick to no— and low-calorie drinks** (such as water!),
- Serve fruit and vegetable trays,**
- Keep dips and spreads light** (low-fat cream cheese and sour cream),
- Add beans to your dishes,**
- Serve whole-grain breads,**
- Serve lean meats and fish,**
- Dish up lighter (or smaller) desserts,**
- Provide small plates at your buffet table,**
- Offer light condiments, and**
- My favorite: encourage physical exercise after eating!** (Or before: See below for my Thanksgiving morning exercise class in Pine Island!)

This year has been a very pivotal year for me — it was my first as a full-time personal trainer — and I feel very proud of what my clients and I have accomplished together. With that in mind, I wrote everyone featured as a success story and asked for updates on their health status and goals. The responses I received were very encouraging — they still approached life with a healthy mindset and set fitness, weight, and nutritional goals. I've detailed their progress on the second page. A congratulations to them!

## BOOT CAMP CLASSES

Location	Day	Time	Dates	Cost
Zumbrota Elementary School Gym	Wednesdays	5:45 a.m.—6:30 a.m.	Oct. 14—Dec. 9	8 sessions \$60
Wanamingo Elementary School Gym	Mondays	5:45 a.m.—6:30 a.m.	Dec. 7—Jan. 11	6 sessions \$48

## MUSCLE TONE CLASSES

Rachel D's Dance Studio, Pine Island	Saturdays	8 a.m.—9 a.m.	Nov. 14—Jan. 9	8 sessions \$60
Rachel D's Dance Studio, Pine Island	Thanksgiving	8 a.m.—9 a.m.	Nov. 26	\$10
Wanamingo Elementary School Cafeteria	Thursdays	7:15 p.m.—8:15 p.m.	Dec. 3—Feb. 4	8 sessions \$60
Northrup Gym, Rochester	Mondays	5:45 p.m.—6:30 p.m.	Jan. 25—March 22	8 sessions \$56

# SUCCESS STORY UPDATES



**Lisa Quevado**  
Ftrd. Sept '09

"My life has changed in that I feel better about myself and have much more energy than I did before. I'm continuing to lose weight and definitely feel more physically fit.

"I have a goal to lose 10 more pounds and then to maintain."



**Gina Head**  
Ftrd. Nov '09

"My measurements show that I have lost five inches from waist and hips! WOW...that is something to be excited about! Not only the weight loss and clothes feel better, but my mental out look has improved greatly!

"My long-term goal is to get to 135."



**Kelly Hodgson**  
Ftrd. March '09

"I have definitely noticed more weight loss and toning. I'm still exercising 4-5 times a week; cardio, plus weight training every other day.

"I didn't meet my initial goals in March...but I'm only 10 pounds away — and I started my initial goals at 57 pounds. My goal now is to just stay on track with the diet and exercising and lose that last 10 pounds!"



**Delana Weis**  
Featured Dec. 08

"In early August, I started having some "muscle problems." After a lot of tests, my doctor determined it was related to medication I have been on for 10 years. I stopped taking the medication, and everything improved...but I think I lost all of the ground I made with just walking."

Delana said once given the go-ahead, she wants to start a program again!



**Jill Nielsen**  
Ftrd. Jan. '09

"I have noticed more change. I have lost around 8 pounds, and I really started to notice more toning. I'm still exercising 6 days a week— a mix of running, walking, EST classes, plus my program with Katie. I just never realized I would like to workout as much as I do. I love it! It is so much a part of my life now, I worry if we go somewhere whether I'll be able to work out!"



**Charles Olufson**  
Ftrd. May '09

"Since being featured in the May issue, I have lost an additional 20 pounds and won the Biggest Loser contest for men at work. I improved my time in the Garry Bjorklund Half-Marathon by 1/2 hour.

"My goal now is to maintain, lose a few more pounds and improve my half-marathon time even more."



**Jane Olufson**  
Featured May '09

"I have maintained my goal weight. In order to maintain, I have found I need to stay close to the nutrition plan Katie gave me and exercise 2-3 times a week.

"I feel my muscles have toned and I have lost some inches. My present goal is to maintain over the holiday season."