

PERSONAL TRAINING with KT

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Learn to love exercise!

Inside this issue...

Fitness classes: Power sculpt, cardio/strength, muscle tone, boot camp, and cardio-kick

How the color of your food affects you

Exercise and recipe of the month

February success story
Melissa Mergen

Meet Lis Tidemann, a newsletter regular striving to realize her personal training goals.

Happy Valentine's Day, everyone! I know that many have mixed feelings about this holiday — some love it, some hate it, and some ignore it. Regardless, I'm giving it a new twist — whether you're single, married, indifferent — by applying a fitness theme!

Like relationships, the path to routine exercise has its ups and downs. Many of us struggle to make exercise a regular part of our lives, despite the obvious health benefits. I know you've heard them all before.

But you CAN love exercise — the aspect you adore can differ by person, but the motivation is consistent.



If you want to improve your life in every way, the best place to start is exercise.

It is so much easier when you don't have to force yourself to exercise — you actually want to do it. Over a period of time, little

by little, health and fitness can become a passion. Make it yours.

So reflect about your exercise attitude. Think about non physical needs that are important in your life, and try to figure out how activity can help you achieve them.

I know the results will filter into all the other things you love — relationships, work, etc. Remember that this Valentine's Day!

Happy Training,
Katie

Success!



MELISSA BEFORE

NAME: Melissa Mergen
AGE: 39
OCCUPATION:
Operations Manager

Forty is a significant number for 39-year-old Melissa Mergen this year for more reasons than one.

First, the obvious: her 40th birthday this April.

It's also the definitive number of her desired weight: 140 pounds.

"Half way to my goal with three months to go!" the mother-of-two said.

Forty is also the number of

pounds Melissa lost three years ago, but was unable to sustain. Which, upon joining Anytime Fitness, led to her hiring a personal trainer.

"I knew I could lose weight, but the biggest challenge was keeping it off, and the only way to do that was hire Katie to keep me in the right direction," she said.

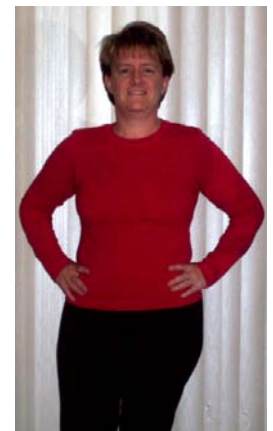
Also seeking more comfort with exercise equipment and a program that would keep her coming to the gym, Melissa said Katie gave her the variety, confidence, and perspective she needed to be

successful.

"I have never really counted calories before and with Katie's nutrition program — totally changed the way I look at food and what I eat," Melissa said.

Combine that with workouts most lunch breaks, and Melissa's outcomes are more than mere numbers.

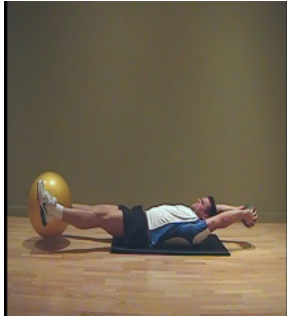
"You just feel better all around, she said, adding, "During the summer, we are very active in the Rochester Water Shows on The Zumbro, and last year I didn't wear my swimsuit or get in the lake ALL summer — I hated it," she said. "This summer will be a different story!"



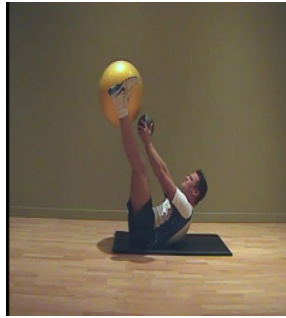
MELISSA AFTER

Exercise of the Month

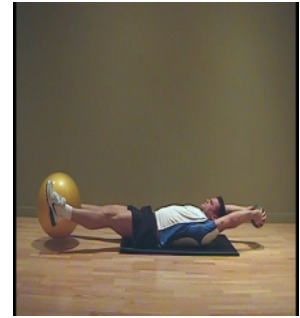
Abdominal Crunch



1. Start with your back pressed firmly against the mat, and stability ball between your feet and a medicine ball of appropriate weight in your hands.



2. Lift your legs using your lower abs while crunching up with the medicine ball by contracting your lower abs. Meeting and touch at the top and lower yourself back down.



3. Open your body back up, lower yourself back down to the starting position and repeat action.

A Life Change: Lis Tidemann's Journey

NAME: Lis Tidemann

AGE: 49

OCCUPATION: Owns Mia & Fia Gifts, 2nd Street SW, Rochester.

Lis Tidemann wants to lose weight. She's tried everything — "all the diets that are out there" — even considering gastric bypass surgery.

Her efforts reflected her interest in a life change, one that is lasting and defining and, most importantly, attainable.

The goal in sum: To be a healthy weight, work out three days a week, and "make every day a special day — the better the mood, the better the control."

Lis wasn't always overweight. The Denmark native described herself as a little overweight when, at 16, she and her family first visited the Rochester area. The city would become her home.

"We all decided that we would stay here for 5 years and then go back — this was many years ago



The Tidemann family — client Lis, daughters "Mia and Fia", and husband Kim.

Photo by Graham Photography.

now!" said the mother of twin girls Idamarie and Annesofie.

The move was both geographical and cultural — the cuisine and transportation being particularly instrumental in her later weight

gain.

"All the foods you have here — I love cheese, everything with mayo, and all the fattening foods. And people where I come from walk and ride bike a lot more than we do here."

And it's those two elements — food and exercise — that are proving to be critical elements of her life change. Them and perseverance.

"I always thought I would fail again...like always," she said, noting that while she hasn't lost significant pounds in the eight months she's worked with Katie, she's noticed a younger, more energized and happier self.

"I am very proud of what I have done so far," she said. "I would normally have quit by now. Not this time!"

Lis will be a regular feature in the newsletter as she strives to achieve her goals!

FEBRUARY FITNESS CLASSES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Boot Camp Wanamingo 5:45-6:30am Muscle Tone Rochester 5:45-6:45pm	2 Muscle Tone Pine Island 6:30-7:30pm	3 Power Sculpt Zumbrota 5:45-6:30am	4 Muscle Tone Wanamingo 7:15-8pm	5	6 Muscle Tone Pine Island 8-8:50am Cardio Kick Pine Island 9-9:45am
7	8 Boot Camp- Wanamingo 5:45-6:30am Muscle Tone Rochester 5:45-6:45pm	9 Muscle Tone Pine Island 6:30-7:30pm	10 Boot Camp Zumbrota 5:45-6:30am Muscle tone Zumbrota 3:45-4:45pm	11 Cardio Circuit Wanamingo 7:15-8pm	12	13 Muscle tone Pine Island 8-8:50am Cardio Kick Pine Island 9-9:45am
14	15 Boot Camp- Wanamingo 5:45-6:30am NO ROCHESTER CLASS	16 Muscle Tone Pine Island 6:30-7:30pm	17 Power Sculpt Zumbrota 5:45-6:30am Muscle tone Zumbrota 3:45-4:45pm	18 Cardio Circuit Wanamingo 7:15-8pm	19	20 Muscle Tone Pine Island 8-8:50am Cardio Kick Pine Island 9-9:45am
21	22 Boot Camp Wanamingo 5:45-6:30am Muscle Tone Rochester 5:45-6:45pm	23 Muscle Tone Pine Island 6:30-7:30pm	24 Boot Camp Zumbrota 5:45-6:30am Muscle tone Zumbrota 3:45-4:45pm	25 Cardio Circuit Wanamingo 7:15-8pm	26	27 Muscle Tone Pine Island 8-8:50am Cardio Kick Pine Island 9-9:45am

*** See class descriptions and prices online at www.personaltrainingkt.com ***

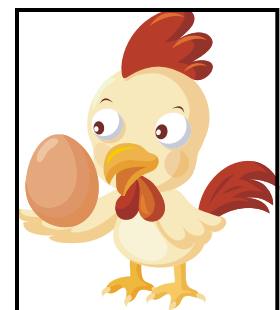
RECIPE

Egg White Breakfast Wrap

- 4 egg whites
- 1 whole-grain tortilla
- 1/2 cup part-skim mozzarella cheese
- Sliced tomato
- 1/2 cup cubed melon.

In a non-stick skillet coated with cooking spray, scramble egg whites.
Pile egg whites into a whole-grain tortilla and top with cheese and slices tomato. Serve with melon cubs.

Nutrition facts: 296 calories, 32 grams protein, 34 grams carbohydrates 5.5 grams fat, 3 grams fiber





How Its Hue Affects You

The color of produce can provide information about its nutritional value. Blue, white, red, yellow: mix and match for full-body benefits! The USDA recommends at least five of the following each day.

Blues and Purples

Blueberries, blackberries, purple grapes, plums, raisins, eggplant and more keep memory sharp and reduce the risk of many types of cancer, including prostate cancer.

Greens

Kiwi, honeydew, spinach, broccoli, romaine lettuce, brussel sprouts, and cabbage protect bones, teeth, and eyesight.

Whites

Pears, bananas, mushrooms, cauliflower, onions, and garlic lower LDL cholesterol and reduce the risk of heart disease.

Reds

Watermelon, strawberries, raspberries, cranberries, cherries, tomatoes, radishes, red apples and more help prevent Alzheimer's disease and improve blood flow to the heart.

Yellows and Oranges

Oranges, grapefruit, peaches, cantaloupe, mangoes, pineapples, squash, and carrots boost the immune system and help prevent eye disease.

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Katie Burdick is a personal trainer specializing in nutrition, weight loss, and weight management. She trains at Anytime Fitness in Rochester and Kasson, at Broadway Video and Fitness in Plainview, and at Workout 24/7 gyms in Mazeppa, Zumbrota, and Wanamingo. She also offers classes Pine Island, Plainview, Wanamingo, and Rochester.

Katie 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 Menomonee – 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.

No problems, only solutions!