

PERSONAL TRAINING with KT

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Happy 2012! I hope everyone is ready for a great new year! Don't forget to set your goals for the 2012. If its your fitness / nutrition goals or personal goals! Goal setting is important to achieve them and have a great year! Don't forget to have PT with KT help you achieve your fitness / nutrition goals! SIGN UP NOW for the New Year's resolution contest! This is a



great way to get started on the right foot with professional help, guidance, and most importantly accountability! Contest will be starting mid-January. We will be providing additional information coming soon!! I'm also really excited to announce our nutrition classes starting the first Saturday in January with Therese Shu-

maker! This is a cheap way to enhance your nutrition needs and ask questions! We have a lot of new programs for 2012! Running clinics, senior fitness classes, snow shoeing classes, nutrition coaching, and a very awesome addition is our 1/2 hour training sessions for ONLY \$35/session!
-Happy Training
Katie

Dealing with Stress

Everyone goes through stressful periods of their lives. Stress is the bodies response to a threat. When faced with a stressful situation your body goes through a "fight" or "flight" feeling that sends adrenaline pumping through the body. Heart rate increases, butterflies fill your stomach, muscles tense, and breathing gets heavier. Sound familiar? If so, then you've been through a stressful situation.

It's not always bad to be under a stressful situation. In some cases, this "fight" or "flight" response may help better a performance. On the other hand, too much of it can be

detrimental to health and cause serious problems such as depression or heart disease.



Learning how to combat stress or at least minimize it can help reduce the risk for illness and disease.

Learn techniques for time and money management

Change your thought process—**BE POSITIVE!!!**

Here are a few tips for reducing stress:

- Eat a balanced diet
- Exercise regularly
- Get an adequate amount of sleep

Caitlin Anderson
(507)259-0480

Exercise of the Month

Are you looking for a simple exercise that will help tighten and tone your gluts?

As the new year is finally here and many of you may soon be approaching a winter vacation or even a spring getaway you may want to tone those gluts before you slip into your swimsuit! Even if you are not going anywhere this is a GREAT exercise to tone those buns! It is simple, effective, and you can do it ANYWHERE so there is no excuse!



You will place your arms on the back of a chair to help with balance but if you are nowhere near a chair you can simply place your hands on the wall as if you were going to do some wall push ups! However, you are just resting your hands to help you balance so there is no need to do any pushing. Next you will lift your leg up and bend at the knee about a ninety degree angle from the ground aka “fire hydrant position.” You will want to point your toes for best results. Keep your leg in position and then lift your knee about 3 inches, squeezing your gluts, and then return to the ninety degree position. You will do this for 15 reps on one side and then switch legs and do the other leg. If you are feeling really ambitious do two sets of 15 on each leg! You will want to make sure you lift and lower nice and slowly really concentrating on squeezing those gluts. Stand up nice and tall, shoulders back, chin up, and make sure to keep your core nice and tight as well!

Cook it Quick

“Run out the door” breakfast ideas

Breakfast is an important start to the day for the entire family. Here are some quick and easy suggestions:

- whole-grain raisin toast with peanut butter
- whole-grain bagel or English muffin with fruit spread
 - whole-grain ready-to-eat cereals
 - low-fat yogurt
 - low-fat granola or granola bars
- whole-grain toast with peanut butter or low-fat cheese
- whole-grain pancakes or waffles with fruit spread (instead of syrup)
- breakfast burrito (tortilla with scrambled egg and low-fat cheese)
 - whole-grain tortilla with peanut butter wrapped around a banana
- whole-grain pitas with scrambled egg and low-fat cheese
 - fresh fruit
- smoothies made with fresh fruit
- low-fat milk and a piece of fruit



Success Story

With 36 years in the military, two overseas deployments, and caregiving four days a week for her father, Pamela Lemke knew hard work. Overweight for most of her life, the grandmother of three had back problems, neuropathy, and a foot condition called plantar fasciitis. She was at risk for diabetes, perhaps associated with a sweet habit formed after kicking a cigarette addiction. And while ready for a lifestyle change, Pamela learned that her medical conditions would likely make exercise difficult. It all, however, proved no match for her spirit.

“I was very mad, but I still needed to challenge myself to take off another 48 pounds, because the more I lose, the lighter my load is on my back.” she said. “Well, Katie’s contest came in just the nick of time. I really wanted to challenge myself.”



The Kenyon walking contest, which virtually took participants from their start point, provided incentive and structure, allowing Pamela to track her miles and build a walking schedule.

“I was walking eight miles in the morning [with] my wiener dogs, walking four miles in the afternoon, and five miles at night,” she said. On the days she took care of her father, she would complete four miles in the morning, and later take her father on a two to three mile walk around a nearby lake. She would end the day with six to eight miles on her treadmill. “I truly did not work as hard as I worked in this contest,” she said. “What I am really thankful for is that I lost 54 pounds, and I am so thankful for your contest because I pushed myself to get out of my rut, and that’s what I did. So thank you, Katie! I am so grateful you came to Kenyon!”



Congratulations Pamela!

Nutrition Corner

SEE RED on Valentine's Day

Red fruits and vegetables contain many health-promoting phytochemicals including lycopene and anthocyanins. This color group may help promote:

- A lower risk of some cancers
- A healthy heart
- Memory health
- Urinary tract health

Red fruits and vegetables include: Tomatoes, spaghetti sauce, pizza sauce, tomato juice, red peppers, red onions, beets, red cabbage, kidney beans, apples, pink grapefruit, red grapes, strawberries, cherries, watermelon, raspberries, cranberries and pomegranates

Some "red" ideas for Valentine's Day (or any day!) include:

- ♥ Heart-shaped pizza. Shape pizza dough into a heart. Or, use a heart-shaped cookie cutter to make individual hearts from pizza dough. Spread with your favorite tomato pizza sauce. Add your choice of toppings.
- ♥ Pasta with tomato sauce. For added fun, serve heart-shaped pasta -- check with stores offering specialty pasta shapes or order some online. Check delivery time if you order online.
- ♥ Add a few of those tiny red hot cinnamon heart candies to a popcorn snack.
- ♥ Tossed salad with such red additions as red bell peppers, cherry or grape tomatoes
- ♥ Make a polka-dotted open-faced peanut butter sandwich. Cut bread into a heart shape, spread with peanut butter and dot with dried cranberries. Or, make a smiley face with the dried cranberries. Another idea would be to purchase some heart-shaped crackers, if available at your local store; substitute for the bread.
- ♥ Cole slaw made with red cabbage
- ♥ Cole slaw made with such red foods as red peppers, red onions and apples
- ♥ Cranberry sauce -- use that bag of cranberries in your freezer that you bought when they were on sale
- ♥ Oatmeal topped with a heart shape, made with dried cranberries or dried cherries
- ♥ Raspberry smoothie -- Put 3/4 to 1 cup vanilla-flavored yogurt in a blender. Add a few tablespoons of frozen raspberries at a time; blend until desired consistency. After mixing -- if desired -- blend in 1 or more teaspoons of sugar or no calorie sweetener to taste.
- ♥ Pink/red grapefruit half topped with a sprinkle of brown sugar
- ♥ Red grapes as a side dish to your sandwich for noontime nibbling

NEW TO PT WITH KT

COMING IN 2012~

-Winter Nutrition Class Series

-Snow Shoeing Class with
Katie Burdick
(date to be announced)

-Running Clinic in the Spring
with Therese Shumaker

-Pregnancy Classes with Katie
Burdick
(before and after)



-Rochester Spring Boot Camp Classes
at the Park with Katy Hetland

-Senior Classes with Caitlin Anderson

-1/2 hour Personal
Training sessions for
ONLY \$35/session

SIGN UP NOW!

Winter Nutrition Class Series

\$30.00 for all three or pay \$12.00 for each class

Class #1- Supermarket Shopping

Learn how to make smart snack choices while cruising the Aisles

Saturday January 7th @10-11AM

Class #2- Meal timing is everything/Goal Setting

Saturday January 28th @ 10-11AM

Class #3- Food and Mood- getting and keeping a healthy attitude about food

Saturday February 4th @ 10-11AM

**Sign up for all three classes for only
\$30.00 or sign up for each class individually
- \$12.00 each**

Minimum of 5 needed for each class.



January Fitness Classes

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 Muscle Tone Katie-K 6-6:45pm	4	5 Strength Cir- cuits Katie-W 7:15-8pm Butts, Guts, & More Caitlin-R 6-6:45pm	6	7 T-N-T Katie-R 830-915am NOTE: time change Nutrition Class #1 10-11am NO Kenyon
8	9	10 Muscle Tone Katie-K 6-6:45pm	11	12 Strength Cir- cuits Katie-W 7:15-8pm Butts, Guts, & More Caitlin-R 6-6:45pm	13	14 T-N-T Katie-R 830-915am Power Sculpt Caitlin-K 9-9:45am
15	16	17 Muscle Tone Katie-K 6-6:45pm NEW Ball Blast Katy-R 6-6:45am	18	19 Strength Cir- cuits Katie-W 7:15-8pm Muscle Tone Caitlin-R 6-6:45pm	20	21 T-N-T Katie-R 830-915am Power Sculpt Caitlin-K 9-9:45am
22	23	24 Muscle Tone Katie-K 6-6:45pm NEW Ball Blast Katy-R 6-6:45am	25	26 Strength Cir- cuits Katie-W 7:15-8pm Muscle Tone Caitlin-R 6-6:45pm	27	28 T-N-T Katie-R 830-915am Nutrition Class #2 10-11am Power Sculpt Caitlin-K 9-9:45am
29	30	31 Muscle Tone Katie-K 6-6:45pm NEW Ball Blast Katy-R 6-6:45am				
<p>*** See class descriptions and prices online at www.personaltrainingkt.com ***</p>						
						W=Wanamingo K=Kenyon R=Rochester

February Fitness Classes

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 T-N-T Katie-W 7:15-8pm Muscle Tone Caitlin-R 6-6:45pm	3	4 3-2-1 GO! Katie-R 830-915am Nutrition Class #3 10-11am Power Sculpt Caitlin-K 9-9:45am
5	6	7 Strength Cir- cuits Katie-K 6-6:45pm NEW Ball Blast Katy-R 6-645am	8	9 T-N-T Katie-W 7:15-8pm Muscle Tone Caitlin-R 6-6:45pm	10	11 3-2-1 GO! Katie-R 830-915am Power Sculpt Caitlin-K 9-9:45am
12	13	14 Strength Cir- cuits Katie-K 6-6:45pm NEW Ball Blast Katy-R 6-645am	15	16 T-N-T Katie-W 7:15-8pm Muscle Tone Caitlin-R 6-6:45pm	17	18 3-2-1 GO! Katie-R 830-915am Power Sculpt Caitlin-K 9-9:45am
19	20	21 Strength Cir- cuits Katie-K 6-6:45pm NEW Ball Blast Katy-R 6-645am	22	23 T-N-T Katie-W 7:15-8pm Power Sculpt Caitlin-R 6-6:45pm	24	25 3-2-1 GO! Katie-R 830-915am Power Sculpt Caitlin-K 9-9:45am
26	27	28 Strength Cir- cuits Katie-K 6-6:45pm	29			W=Wanaming K=Kenyon R=Rochester
<p>*** See class descriptions and prices online at www.personaltrainingkt.com ***</p>						

Massage Therapist Corner

Don't Let Winter Get You Down in the Dumps

During the cold winter months it's not uncommon for some of us struggle with a little depression. Less to do outside, lack of sunshine, and just feeling cooped up. Exercise is one great way to help, and another is massage.

People with depression using massage as an alternative treatment method report a lessening of depression symptoms, increase in energy levels, and overall a feeling of better physical health. Not to mention we could all use a little time devoted to ourselves.

So come in this winter and reap the benefits massage can offer you, it's sure to put a smile on your face.

CHECK IT OUT! Kaj now has facebook! Become a friend on facebook and take advantage of special offers!



Kate Knutson

Massage Therapist, Kenyon

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Locations: Workout 24/7 Gyms in Kenyon and Wanamingo
Personal Training with KT Studio 1221 3rd Ave SW Rochester MN

Personal Training with KT is a unique one-to-one personal training business that offers individuals personalized training programs and nutrition counseling from certified professionals. With a positive support system, our trainers guide and motivate our clients to their health and fitness goals. Along with outstanding results, our clients benefit from a remarkable learning experience.

"No Problems, Only Solutions"