

# PERSONAL TRAINING with KT

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## MAKE THIS YEAR YOUR YEAR!

Hello, 2010! Not that I don't have many things to be thankful for in 2009, but as a personal trainer, it's in my wiring to appreciate the hallmark of a new year: setting goals! Resolving to try new things, push yourself to new heights, and/or better your financial, professional, and personal position is such an enriching thing to do for yourself, so I hope all of you have some ideas in mind, particularly as health and fitness goes! I came up with four for myself:

- 2) Train and complete a duathlon.
- 3) Purchase a road bike.
- 4) Decrease body fat by 5 percent.

I'd also like to announce a new set of fitness classes: cardio/strength circuits beginning in February, power sculpt in March, and cardio-kick classes in May! I am sooo excited to start! See the newsletter attachment for more.



**Stick to your resolution by considering it a promise to yourself, not a test of your willpower.**

Try to be specific, realistic, personal, and persistent! Consider it a lifestyle change!

Also featured this month, our success story Autumn Thillen, who set and satisfied three goals in 2009! Congratulations, Autumn!

I hope you like the new look! — Katie

### Inside this issue...

Set fitness resolutions for 2010! Katie can help you achieve your goals!

New fitness classes: Power sculpt, cardio/strength, and cardio-kick! Plus, boot camp in Wanamingo!

Hydrate, hydrate, hydrate!

January success story Autumn Thillen!



### \*SPECIALS\*

Purchase a package of 12, 16, or 26 personal training sessions and receive the same percentage off your next package purchase!

Buy four sessions, get the fifth free!!

NEW CLIENTS: Consider a Mission: YOU package! See the website for details!



- 1) Train and run a half marathon.

### BOOT CAMP CLASSES

| Location                 | Day     | Time                  | Dates          | Cost            |
|--------------------------|---------|-----------------------|----------------|-----------------|
| Wanamingo Elementary Gym | Mondays | 5:45 a.m. — 6:30 a.m. | Dec. 7-Jan. 11 | 5 sessions \$48 |

### MUSCLE TONE CLASSES

|                                |           |                     |                 |                 |
|--------------------------------|-----------|---------------------|-----------------|-----------------|
| Wanamingo Elementary Cafeteria | Thursdays | 7:15 p.m.—8:15 p.m. | Dec. 3-Feb. 4   | 8 sessions \$60 |
| Rachel D's, Pine Island        | Saturdays | 8 a.m.—9 a.m.       | Dec. 7-Jan. 11  | 8 sessions \$60 |
| Rochester Northrup             | Mondays   | 5:45 p.m.—6:45 p.m. | Jan 25-March 22 | 8 sessions \$56 |

### NEW!! BOOT CAMP AND POWER SCULPT

|                   |              |            |                       |                 |                 |
|-------------------|--------------|------------|-----------------------|-----------------|-----------------|
| Zumbrota 24/7 Gym | Boot camp    | Wednesdays | 5:45 a.m. — 6:30 a.m. | Jan. 13—Feb. 3  | 8 sessions \$60 |
|                   | Power sculpt | Fridays    | 5:45 a.m. — 6:30 a.m. | Jan. 15— Feb. 5 |                 |

**No problems, only solutions!**

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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 Menomonie – Stout. She holds a personal training certification through NETA (National Exercise Training Association) and NASM (National Academy of Sports Medicine). She is also a nutrition professional, having worked as a dietetic technician at the Mayo Clinic for nine years.

## Hydrate!

The importance of hydration can't be overemphasized; it's vital to performance and overall health! Winter weather is notoriously dry, so it's worth being a little more thoughtful about your fluid intake. The effects of dehydration — fatigue, weakness, dry mouth, flakey skin, and more — can exacerbate many of the body changes already associated with upper Midwest winters.

Checking whether or not you're dehydrated is easy: if your urine is lightly colored to clear, you're likely drinking enough. Water is best, and it turns out cool water is even better because it absorbs at a faster rate and, if you're exercising, brings your body temperature down. If you struggle with H<sub>2</sub>O intake, here are some tips:

- \*\* Don't sip, GULP.
- \*\* Drink before you're thirsty.
- \*\* Carry water with you.
- \*\* Drink 7-10 oz. every 10 minutes during exercise.
- \*\* Before competitions, drink water before bed and that morning.

# Success!



**NAME:** Autumn Thillen  
**AGE:** 39  
**OCCUPATION:**  
Operations manager at ABC

Autumn Thillen started and satisfied three goals while working with Katie in 2009: Run one mile, tone up abs and thighs, and increase strength. It was exactly what she had in mind. "I hired Katie because I needed someone to help me set goals and to work with me on how to work my problem

areas," she said. "I felt hiring Katie would keep me motivated and give me that extra push I so badly needed."

And the achievements didn't stop there. Identifying and working toward those three goals snowballed into better overall well-being and a new self-care mentality. "I feel much healthier and stronger," Autumn said. "I've toned up and have made exercise a priority in my life, making me a priority."

And with 2009 soon behind her, Autumn is working toward new goals — run five miles and continue to tone up and be healthy — which mesh well with the groundwork she's already laid.

"Running has been hard for me to like, so I'm trying," she said. "I meet with Katie twice per week, and it's been really beneficial in helping me to reach my goals."