

PERSONAL TRAINING with KT

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New year, new possibilities!

Happy, happy new year! Biggest Loser contest! I'm announce that Anytime Hope you all survived the sure you've heard of the show. Fitness in Rochester is closing. I've already sent a notice to affected clients, many of whom will finish their packages at Snap Fitness in Byron. It's a big transition, so thanks in advance for your understanding. Please enjoy the recipe and exercise of the month and my success story for me. It may be a perfect Weigh-ins and classes will be feature, marathon runner time, in fact, to join an held in Kenyon. Say yes to Kari Douglas. effort by PT with KT — the yourself! I also want to Happy Training!



In this issue...

- Happy New Year!
- Kari Douglas, success story
- Recipe and Exercise of the month
- Biggest Loser contest and big move!

Meet a member of the PT with KT team:

Personal Trainer Caitlin Anderson



I am a native of Plainview where I played soccer for 13 years and tried my hand at many other sports. I am a recent graduate of the Minnesota School of Business with a Bachelor's degree in Health Fitness. I am a Certified Personal Trainer through the National Strength and Conditioning Association and a Certified Muscle Activation Techniques Jumpstart Trainer. I have taught group fitness classes such as Stretching and Abs, Cardio, and BOSU.



Success story

NAME: Kari Douglas

OCCUPATION: Business professional

GOAL: Marathon run

Mother of two and businesswoman Kari Douglas had a long road ahead of her when she enlisted Katie to be her personal trainer. 26.2 miles, to be exact. "I hired a personal trainer to help me train specifically for a marathon," she said. Not a stranger to the gym, Kari already appreciated the outcomes of a workout regime. She just needed the strategies and support as the miles accumulated. "My mentality: I've always enjoyed working out, just needed someone to push me a little more."

That push took her from start to finish; she completed her Las Vegas marathon. Kari said that Katie's support kept her training on track and kept her accountable, which was a difficult feat in itself given a hectic schedule that includes two children and a demanding work life.

Kari's goals are less precise now. She said she wants to continue to slim her figure and to reach her "optimal health and fitness level."



Kari on race day

CONGRATULATIONS, KARI!!

Fish and chips

Ingredients

- 2 medium sweet potatoes
- ½ tsp smoked paprika
- 1 cup panko bread crumbs
- 4 (6 oz) halibut fillets, skin removed
- ½ Tbsp olive oil
- 1 tsp black pepper
- 2 egg whites
- 1 Tbsp Dijon mustard
- 1/8 cayenne pepper
- ½ tsp dried thyme
- Lemon slices or malt vinegar

Directions

Toss the sweet potatoes with the oil, the pepper, and the paprika. Arrange on a baking tray and place in a 425° oven.

While the fries cook, whisk the egg whites, Dijon, cayenne, and remaining pepper. Combine the bread crumbs and thyme in a shallow dish. Dip the fish in the egg whites, then carefully roll in crumb mixture.

After the fries have cooked for 15 minutes, add the fish and return to the oven. Cook for another 12 to 15 minutes, until the fish flakes easily with a fork. Serve with lemon or vinegar.

Nutrition: 320 cal, 3.5g fat, 770mg sodium, 23g carbs, 46g protein, 3g fiber

Recipe of the month

JANUARY FITNESS CLASSES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4 4-Kenyon BOSU 6pm-6:45pm LAST	5 1-Kenyon Power Yoga 6pm-7pm (Jacline)	6 4-Kenyon Butts, Guts, etc. 6pm-6:45pm LAST (KT) 1-Wanamingo Cardio Fit 7:15pm-8pm (Katie)	7 1-Kenyon Biggest Loser 6pm-7:15pm (Caitlin)	8 2-Pine Island Muscle tone 8:30am-9:15am (Katie) 1-Kenyon Biggest Loser Stretching/Abs 10:30am-11am (Caitlin)
9	10	11 1-Kenyon Muscle Tone 6pm-6:45pm (Katie)	12 2-Kenyon Power Yoga 6pm-7pm (Jacline)	13 2-Wanamingo Cardio Fit 7:15pm-8pm (Katie)	14 2-Kenyon Biggest Loser 6pm-7:15pm (Caitlin)	15 3-Pine Island Muscle tone 8:30am-9:15am (Katie) 2-Kenyon Biggest Loser Stretching/Abs 10:30am-11am Caitlin)
16	17	18 2-Kenyon Muscle Tone 6pm-6:45pm (Katie)	19 3-Kenyon Power Yoga 6pm-7pm (Jacline)	20 1-Byron Muscle Tone 6:30pm-7:30pm (Caitlin) 3-Wanamingo Cardio Fit 7:15pm-8pm (Katie)	21 3-Kenyon Biggest Loser 6pm-7:15pm (Caitlin)	22 4-Pine Island Muscle tone 8:30am-9:15am (Katie) 3-Kenyon Biggest Loser Stretching/Abs 10:30am-11am Caitlin)
23	24	25 3-Kenyon Muscle Tone 6pm-6:45pm (Katie)	26 4-Kenyon Power Yoga 6pm-7pm (Jacline)	27 2-Byron Muscle Tone 6:30pm-7:30pm (Caitlin) 4-Wanamingo Cardio Fit 7:15pm-8pm (Katie)	28 4-Kenyon Biggest Loser 6pm-7:15pm (Caitlin)	29 1-Pine Island Cardio Kick 8:30am-9:15am (Katie) 4-Kenyon Biggest Loser Stretching/Abs 10:30am-11am (Caitlin)
30	31	Feb. 1 4-Kenyon Muscle Tone 6pm-6:45pm (Katie)	2	3 3-Byron Muscle Tone 6:30pm-7:30pm (Caitlin)	4	5 2-Pine Island Cardio Kick 8:30am-9:15am (Katie)

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

Exercise of the Month

Hamstring Tilts

Turn the BT over dome-side down and lie down, placing the feet in the center of the platform. Lift the hips a few inches off the floor and keep them there as you press the dome forward and then back. Repeat for 8 to 16 reps. This move targets the core and the hamstrings.



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Katie Burdick is a personal trainer specializing in nutrition, weight loss, and weight management. She owns Workout 24/7 gyms in Wanamingo and Kenyon, and trains at Anytime Fitness in Rochester, at Broadway Video and Fitness in Plainview, and at Workout 24/7 gyms in Mazeppa, Zumbrota, Kenyon, and Wanamingo. She also offers classes Pine Island, Kenyon, 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 a nutrition professional, having worked as a dietetic technician at the Mayo Clinic for nine years.

No problems, only solutions!