

JULY 2009



Personal Training with KT

"No Problems, Only Solutions"

NUTRITION SABOTAGE

Anyone who's met me knows that I'm not out to spoil anyone's fun. However, as a long-time dietician, I know the havoc summer reeks on diets, particularly those blessed BBQs stocked with burgers, brats, and potato salad. I'm going to spare you that calorie count. But don't fret! Given that most BBQs are BYOB (both booze and burgers), I wanted to offer you a few tasty options that won't bust your beltline.

For sides, consider a fruit salad or a pasta salad loaded with veggies, grilled chicken, and low-fat dressing. Tons of great recipes online. For the fruit salad, consider adding nuts, such as almonds.

For meat, my first choice is always grilled chicken. Add tomatoes, lettuce, a little mayo (I'm not an onion fan...), and you've got the PERFECT hot sandwich. If you want to flavor it up — brush with BBQ. For those feeling more courageous, try turkey or soy burgers. Lots of flavor, and low-fat.

Look to your left for a great start to your morning, afternoon, or evening, especially on those hot days. I've also included an exercise below to save for those week-long vacations. It's summer, dang it! Fun and health can go hand-in-hand!

Happy Training!! — Katie

GREEN TEA SMOOTHIE

Brewed green tea chilled and blended with frozen canned peaches, peach nectar and peach yogurt.

INGREDIENTS

- 1, 16-oz can peaches in light syrup
- 3 bags of green tea
- 1 cup water
- 1, 5 1/2-oz can peach nectar (about 2/3 cup), chilled
- 2 cups peach yogurt

METHOD

Several hours before serving, drain the peaches, place fruit in a freezer container, and freeze. Brew tea bags in 1 cup water. Allow to steep five to ten minutes longer than called for; then remove tea bags, cool the liquid and chill well. To serve, use a blender or large food processor to combine brewed tea, peach nectar, peaches and yogurt. Mix well and place in 4 chilled serving glasses.

GREAT ON A HOT DAY!



EXERCISE OF THE MONTH: NO EQUIPMENT TRAVEL EXERCISE

Staggered Pushups

Try a different version of your usual pushup by putting one hand on a phone book (or any other object) and the other on the floor. On your knees or toes (and with body straight) lower down into a pushup and push back up. Do as many as you can and move on.



GREAT DURING TRAVEL!

PHONE BOOK WORKS GREAT!

CLASSES

MUSCLE TONE

Location	Day	Time	Dates	Cost
Plainview Community Center	Thursdays	6:00 a.m.—7:00 a.m..	June 4th—July 23rd	8 sessions \$60
Zumbro Valley Landscaping in Wanamingo	Thursdays	7:15 p.m.—8:15 p.m.	May 28th—July 23rd	8 sessions \$60

STRETCHING

Plainview Community Center	Thursdays	7:00 a.m.-7:30a.m.	June 4th—July 23rd	8 sessions \$40
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Personal Training with KT
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A Personal Trainer specializing in nutrition, weight loss, and weight management, Katie Burdick trains at Anytime Fitness in Rochester and at Workout 24/7 gyms in Mazeppa, Zumbrota, and Wanamingo. She also offers classes Pine Island, Plainview, Wanamingo, and Goodhue. She 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 nutrition professional, having worked as a dietetic technician at the Mayo Clinic for nine years.

VITAMIN OF THE MONTH

VITAMIN E: YOUR BODY'S PROTECTOR

Consider it your body's own bully. Vitamin E acts as a powerful antioxidant by neutralizing free radicals — a.k.a. rumored cancer-causing agents that damage tissue and cells. Science is still out on how much vitamin E delays or prevents disease associated with free radicals, but this little heavy-weight is also supports immune function, the circulatory system, and...ladies, listen...can even decrease premenstrual symptoms. It's also great for the skin.



Thankfully, deficiencies are rare. Sources of vitamin E include wheat germ, vegetable oil and margarine, avocados, whole grain products, egg yolk, nuts, and peanut butter. Recommended dose is 8 milligrams (mg) for women and 10 mg for men. Overdoing it can cause nausea and digestive tract problems, but eating a normal diet of foods rich in vitamin E won't cause problems. If you decide to get most of your intake from supplements, be sure to store them in a dry place at room temperature.

SOURCES: <http://ods.od.nih.gov/FACTSHEETS/VITAMINE.ASP>
<http://www.lifeclinic.com/focus/nutrition/vitamin-e.asp>

SUCCESS!!



RHONDA BEFORE

NAME: Rhonda VanSchoonhoven
OCCUPATION: Probation officer
BEGINNING WEIGHT: 156 lbs
CURRENT WEIGHT: 136 lbs

Weight has been a persistent issue in Rhonda VanSchoonhoven's life. With two small children, a full-time job, and, therefore, an overtime schedule, Rhonda said she felt like she'd come round circle by the time she decided to hire Katie for nutrition consulting last year. "I have struggled with weight issues throughout my life, and here I was again!" she said. "I knew what I had to do, but was not accomplishing it on my own." A little motivation was all she needed. Meeting with Katie twice monthly for nutrition support, body measurements, and weigh ins has helped Rhonda become better aware of her health choices — both calories and cardio — resulting in a 20-pound weight loss. "Katie has helped me be more mindful of what I am eating," she said. "I have the energy and motivation now to bike and walk and play with the kids. I watch my calorie intake. I track this on Sparkpeople.com, and also track my cardio." These life changes, she added, have meant more playtime with her children, a healthier family menu, and many compliments. "Everyone has noticed my weight loss!" Rhonda said, adding "Katie was so enthusiastic and kind. She was always a cheerleader and got me going."



RHONDA AFTER