

PERSONAL TRAINING with KT

personaltrainingkt@gmail.com

www.personaltrainingkt.com

(507) 990-3844

In this issue...

- Success Story: Tammy Steele
- July & August class and event schedule
- Three 5K Announcements
- Exercise and Recipe of the Month

Hello everyone, Summer is finally here! I'm excited to announce PT with KT is now selling GAIAM Pedometers for \$15! This is a great way to keep track of your steps each day! We will be starting a virtual tour contest with the pedometers in mid-July so stay tuned for a great way to stay motivated and achieve your goals! It will be a FREE contest! You just need to purchase the pe-

dometer! Please contact Katie! Great new additions to the newsletter this month! Check out Kate Knutson's massage therapy section. She will have an article in the newsletter on different topics/concerns bio monthly! There are many road races coming up! Don't forget to register for the Think Pink 5k run/walk sponsored by



Personal Training with KT on July 16th! Sign up now to receive your free t-shirt! Check out the group fitness schedules for July and August! *Yoga is back at the studio with Lisa Schraeder!* I'm so excited of all the great new changes and additions to Personal Training with KT and Workout 24/7 gyms! Happy Training, Katie

NEW KAJ Massage Therapy Newsletter Section

Warm weather has finally arrived and school is out for the summer! Many of us have been working hard over the past few weeks to get our lawns and gardens prepped for the season. Digging, raking, pulling, and mowing are just a few of the vigorous activities we have all been taking part in this spring, and its only June!

As the weeks and months progress our gratifying work tends to turn to weekend dread. Back aches, muscle soreness, and stiff necks, just to name a few. As we maintain our beautiful surroundings, and make sure to save time for some outdoor fun, it is important to remember to maintain our muscle and joint health as well. Including massage in with your summer list of to-dos may have you saying more Ahhs, than **AHHHS!** this summer. The time of year is busy and we all want to make the best of our precious time in the beautiful weather. So take an hour for yourself and work a massage or two in between those grad parties and weekend camping trips. Massage is proven to reduce stress and physical strain. It could make this summer more relaxing, enjoyable, and give you the extra "umph" to get through all the yard work with less summer time aches and pains.

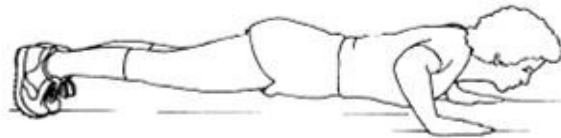
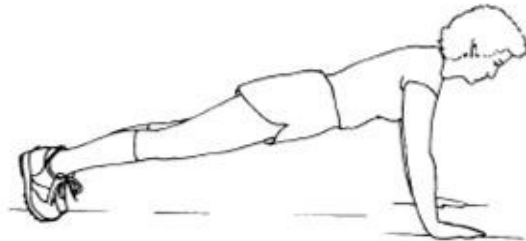


-Katie Knutson 612-756-1957 kateknutson@rocketmail.com

Exercise of the Month

Military Push-Ups

1. Kneel on the floor, then lean forward to place your hands on the floor. Your fingers should face forward.
2. Tighten your abdominal muscles and raise your body until only your hands and toes are in contact with the floor. Ensure that your hands and elbows are directly below your shoulders and your arms are perpendicular to the floor. Keep your feet together.
3. Take care not to let your back sag. Keep your back straight and your hips above your knees.
4. Bend your elbows and lower your body until your forearms are parallel to the floor. Pause for one second, then push yourself back up. Don't lock your elbows at the top of the pushup.



Recipe of the Month

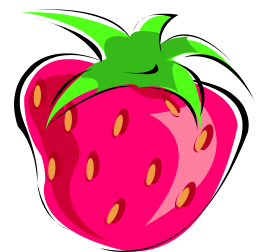
Strawberry Watermelon Slush

- 1 cup frozen or fresh strawberries (if frozen, look for ones with no added sugar)
- 1 1/2 cups chopped watermelon, seeds removed
- 1/4 cup seltzer
- 1 lemon, juiced
- 1/2 tablespoon agave nectar or honey
- 4-6 mint leaves
- 1 cup ice

Combine all ingredients in a blender, mix and serve.

Nutrition Info:

Calories: 80
Total Fat: 0 grams
Saturated fat: 0 grams
Cholesterol: 0 milligrams
Sodium: 0 milligrams
Total Carbohydrates: 20 grams
Total Fiber: 2 grams
Sugars: 15 grams
Protein: 1 gram



Rose Fest 5K Walk/Run

Saturday, August 20th, 2011

**Workout 24/7 Gym Kenyon
611 2nd St, Kenyon, MN 55946**

Check in begins at 7:30am in front of Workout 24/7 Gym in Kenyon with the run/walk starting at 8:00am.

Entry Fees: \$20 before August 9th, 2011 after that date \$25!

A Rosefest t-shirt is guaranteed for all participants that are pre-registered by August 9th, 2011!

Awards Ceremony:

Awards Ceremony will be held immediately following the race at the Finish Line. Awards not picked up on race day will be available at Workout 24/7 in Kenyon.



Mail-in Registrations:

Katie Burdick
3933 7th Place NW
Rochester, MN 55901
507-990-3844

2nd Annual Think Pink 5K Run/Walk

Saturday July 16, 2011

SPONSORED BY:

Personal Training with KT

This event will begin and end at the Zumbrota Covered Bridge.

Check in begins at 8:00am in front of the Zumbrota City Hall with the run / walk starting at 9:00 am

Participation fee is \$20 if registered by July 2, 2011 and \$25 after that date

A Think Pink t-shirt is guaranteed for all participants that are pre-registered by July 2, 2011.

This event is a fundraiser for Jessica Schoenfelder and Jill Wieme who will be walking in the Susan G. Komen Breast Cancer 3-Day in August.

Questions: Jessica Schoenfelder at jesschoeny@yahoo.com or 732-5507

Or Jill Wieme at Wieme.Jill@mayo.edu

Return Form to: Jessica Schoenfelder 1101 W 4th St, Zumbrota, MN 55992



July Fitness Classes

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 Boot Camp 8:30-9:15am Katie-P
3 Keep the pool running 5k 8am Wanamingo	4 No classes	5 Strength 6-6:45pm Katie-K Level 1 Yoga 5-6pm Lisa-R	6	7 NEW! Boot Camp 5:45-6:30am Katie-P Power Sculpt 6-6:45pm Caitlin-R	8 Power Yoga 5:30-6:30am Lisa-R	9 Boot Camp 8:30-9:15am Katie-P
10	11 Boot Camp 5:45-6:30am Katie-W	12 Strength 6-6:45pm Katie-K Level 1 Yoga 5-6pm Lisa-R	13	14 Boot Camp 5:45-6:30am Katie-P Power Sculpt 6-6:45pm Caitlin-R	15 Power Yoga 5:30-6:30am Lisa-R	16 Boot Camp 8:30-9:15am Katie-P THINK PINK 5K ZUMBROTA
17	18 Boot Camp 5:45-6:30am Katie-W	19 Strength 6-6:45pm Katie-K Level 1 Yoga 5-6pm Lisa-R	20	21 Boot Camp 5:45-6:30am Katie-P NO CLASS IN ROCHESTER	22 Power Yoga 5:30-6:30am Lisa-R	23 Boot Camp 8:30-9:15am Katie-P
24	25 Boot Camp 5:45-6:30am Katie-W	26 Strength 6-6:45pm Katie-K Level 1 Yoga 5-6pm Lisa-R	27	28 Boot Camp 5:45-6:30am Katie-P Power Sculpt 6-6:45pm Caitlin-R	29 Power Yoga 5:30-6:30am Lisa-R	30 Boot Camp 8:30-9:15am Katie-P
31						

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

W=Wanamingo
K=Kenyon
R=Rochester
P=Pine Island

August Fitness Classes

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Boot Camp 5:45-6:30am Katie-W	2 Strength 6-6:45pm Katie-K	3	4 Boot Camp 5:45-6:30am Katie-P Butts, Guts, & More 6-6:45pm Caitlin-R	5 Power Yoga 5:30-6:30pm Lisa-R	6 Boot Camp 8:30-9:15am Katie-P
7	8 Boot Camp 5:45-6:30am Katie-W	9 Strength 6-6:45pm Katie-K	10	11 Boot Camp 5:45-6:30am Katie-P Butts, Guts, & More 6-6:45pm Caitlin-R	12	13 Boot Camp 8:30-9:15am Katie-P
14	15 Boot Camp 5:45-6:30am Katie-W	16 Strength 6-6:45pm Katie-K	17	18 Boot Camp 5:45-6:30am Katie-P Butts, Guts, & More 6-6:45pm Caitlin-R	19	20 ROSEFEST 5K RACE 8am
21	22 Boot Camp 5:45-6:30am Katie-W	23 Strength 6-6:45pm Katie-K	24	25 Boot Camp 5:45-6:30am Katie-P Butts, Guts, & More 6-6:45pm Caitlin-R	26	27
28	29	30	31			

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Success Story



Like most clients, 38-year-old Tammy Steele hired Katie as her personal trainer because she wanted to see results. Already committed to an exercise regime, including a boot camp class, Tammy remained disappointed with outcomes and knew she needed to consider her nutrition to overcome her weight loss hurdles.

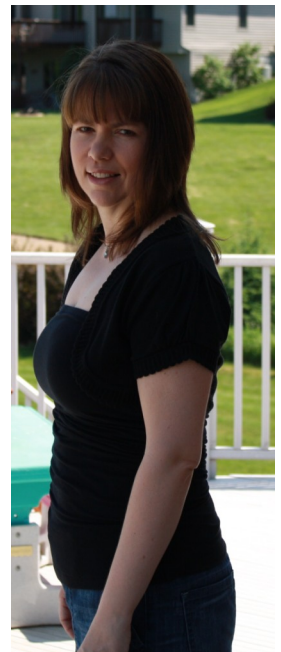
"I was doing pretty good with exercising, but needed help with nutrition, and Katie could help with both," she said. "I was ready to do whatever it took to see some results."

And results she got. Twenty-five pounds down, Tammy is now hungry for exercise, saying, "If I don't make it to the gym enough, I get sluggish and a little crabby." She's also as wise about nutrition, knowing that it will always require attention to maintain what she's accomplished.

And she credits Katie for giving her the confidence and accountability to achieve her goals.

"She was always willing to help with any questions or concerns I had and showed me that with small changes I could be successful," she said. "She always knows when I need an extra push, a little encouragement, or a new goal/routine."

Empowered and dedicated, Tammy wants to continue her good habits, with hopes to lose a few more pounds and improve her 5K time. "I am a different person physically and mentally," she said.



Congratulations Tammy!

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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!