



JUNE 2009



# Personal Training with KT

"No Problems, Only Solutions"

## !!!!SUMMER!!!!

Say it with me: "SUMMER!!" Oh, how I love this season — the warmth, the get-togethers, the fun! And while I generally have much praise for the three months of sunshine ahead, I also know how quickly those social gatherings and that sunshine can cause major distraction to a workout routine. So, remember that balance!

To help you set the right tone, I'm offering a special connecting my classes and "Healthier You" consults, which provide a holistic picture of your health status through fitness tests and measurements that set the pace for a healthier you. The special: Sign up for two classes and receive the consult for only \$15 (a \$10 discount). Classes June through August are featured below and will soon include circuit training and an exercise tool featured on the back page — the BOSU ball. **To sign up for classes, contact me by phone (507-990-3844) or email (pt\_with\_kt@yahoo.com).**

Now that BOSU ball, which are designed to enhance any area of the body; in my class to come I'll show you the many combinations available. If you're interested in purchasing a ball, feel free to seek me out for advice or information about pricing and its features. It's available at most major retailers.

I also wanted to point you to the recipe to the left, a section back by popular demand! Not only are these muffins delicious, I've got a dietician tip that may ease any anxiety about the 18-muffin serving size. If 18 are too much, freeze those you won't eat and pull them out of the freezer as needed. Even better, freezing the muffins keeps them fresher longer! A last quick tip: Warm the muffins slightly before serving. YUMMY!

Happy Training!

—Katie

**HEALTHY MUFFINS**

1 cup all-purpose white flour  
 1 cup whole-wheat flour  
 3/4 cup sugar  
 2 teaspoons baking soda  
 2 teaspoons ground cinnamon  
 1/4 teaspoon salt  
 3/4 cup egg substitute  
 1/2 cup vegetable oil  
 1/2 cup unsweetened applesauce  
 1/2 cup honey  
 2 teaspoons vanilla extract  
 2 cups chopped apples  
 1/2 cup raisins  
 3/4 cup grated carrots  
 2 tablespoons chopped pecans

Heat oven to 350 degrees.  
 Line muffin pan with paper or foil liners  
 In large bowl, combine flours, sugar, baking soda, cinnamon, and salt. Whisk to blend.  
 In a separate bowl, add egg, oil, applesauce and vanilla. Stir in apples, carrots and raisins. Combine with dry mixture and blend until moistened.  
 Fill each muffin cup about 2/3 full. Sprinkle with pecans. Bake about 35 minutes, then let cool for five minutes.

170 calories, 7 grams fat, 25 grams carbohydrates, 2 grams fiber, 3 grams protein, 195 mg sodium, 17 mg calcium, 140 mg potassium.

# 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
Pine Island Theater	Tuesdays	6:00 a.m.—7:00 a.m.	June 2nd—July 21st	8 sessions \$60
Zumbro Valley Landscaping in Wanamingo	Thursdays	7:15 p.m.—8:15 p.m.	May 28th—July 23rd	8 sessions \$60
Rochester Nutrition Shop	Saturdays	8:00 a.m.— 8:50 a.m.	June 6th—August 1st	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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## PILATES

Pine Island High School Cafeteria	Tuesdays	5:45 p.m.-6:25 p.m.	April 14th—May 26th	CLOSED
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## GYM ETIQUETTE

Kenyon Workout 24/7 Gym	Sunday	12:30 p.m.	May 17th	FREE!!
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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.

## EXERCISE OF THE MONTH

### *Squat with Overhead Press*



Hold medium-heavy dumbbells just over the shoulders as you stand on the dome.

Lower into a squat (knees behind the toes). As you push back up, press the weights overhead. Repeat for 8 to 16 reps.

This move will also keep the heart rate up while targeting the lower body and the shoulders.



### BOSU BALL EXERCISES

The circular contraption used by the model above is called a BOSU Balance Trainer. It is a very versatile tool, great to use for balance, core, and abdominal exercises. Also perfect for a full-body workouts! So, if you're seeking a single piece of equipment that is affordable, small, and effective, consider the BOSU Balance Trainer. It's one of the best exercise balls, and, therefore, investments you can get!



Let me prove it to you! Check out my new BOSU ball class, which taken on a weekly basis can bring full body results! Coming soon!!

# SUCCESS!!!



JUSTIN BEFORE

**NAME: Justin Peterson**  
**AGE: 20**  
**OCCUPATION: Target Cashier**  
**BEGINNING WEIGHT: 255 lbs**  
**CURRENT WEIGHT: 186 lbs**

Justin Peterson gives a very blunt response when asked why he decided to hire Katie as his personal trainer four months ago: "I was really, really, extremely fat, and I needed to lose weight." He attributed the weight gain to an unhealthy diet – "mostly fast food" – and very limited exercise, a combination that resulted in poor stamina and speed in sports and generally low confidence in life. Meet the new Justin – a man that now outruns his friends in pick-up games, eats a well-balanced diet, exercises once or twice daily, and enjoys a higher confidence that's filtered all the way into his ladies game. "Now I can talk to girls a lot better," he said. "The way I interact with people is very different now." Justin said that the knowledge Katie imparted on nutrition, cardio work, and weight training, along with his persistence, proved perfect for quick progress. And with 69 pounds behind him, he's now focusing on another facet of his physique: gaining muscle. Of his work with Katie, Justin says, "I really do appreciate it, and I'd recommend her to anyone who wants to lose weight and bring confidence to their lives."



JUSTIN AFTER