

MARCH 2009

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Personal Training with KT

"No Problems, Only Solutions"

MISSION: YOU!

Hi, all! And welcome, sweet spring! I've been so excited about this upcoming season, and not only because it promises friendlier thermometers. Spring also marks the advent of racing season, bearable outdoor activity, and my newest service, "Mission: YOU!" Mission: YOU is designed to satisfy your spring fever by getting you on your feet, informing you about your health, and starting your path to better nutrition and fitness right!

At a price of \$210 (more than \$400 value), this initial assessment includes:

- * body measurements, body fat %, a blood pressure check, waist-to-hip ratio, body mass index, and a cardiovascular test;
- * two training sessions per week for three weeks (six total sessions), a nutrition consult, and, to mark your progress, a fitness and nutrition log book; and
- * most importantly, goals tailored to your needs that, by design, will help you tone what you want to tone, lose what you want to lose, and feel like you want to feel! Payment plans are available.

For those of you interested in training for a race this spring or summer, I can help you develop a program at a cost of only \$30. Look to the left for several May races in Rochester that are well-suited for beginners and elite runners! Contact me for more information.

Just a reminder that my new log books, which detail nutrition and fitness efforts, and short- and long-sleeve shirts are available. Check out the merchandise tab on my website — www.personaltrainingkt.com — for photos and prices.

Will hope to hear from you! Happy training!

- Katie

Run for the Horses: May 5

Five mile
Chester Woods, Rochester
(507) 288-8726

Stay out of the Sun Run: May 9

5k run, 10k run, 5K walk
Rochester, (507) 282-4576

Med City Marathon: May 24

Marathon, 1/2-marathon, 20 mile
Rochester, (507) 269-6591

For more information on Minnesota races, visit:

www.raceberryjam.com/mdra.html

BE SMART, TAKE YOUR VITAMINS!



You may have heard the lectures about multi-vitamins, and you won't be spared here. Multi-vitamins provide your body with nutrients that your food often fails to give, whether it be iron, calcium, or vitamin D. In honor of spring — and the longer days it brings — this month we'll highlight vitamin D, which comes from the very source responsible for the greenery to come: the sun.

"Deficiency in vitamin D, a fat-soluble supplement needed to maintain normal levels of calcium and phosphorus in the blood, does appear to be a growing problem. Some medical experts even claim we are suffering through a vitamin D deficiency 'crisis,'" said one msnbc.com article. "The vitamin D craze has been building over the last few years, with low levels of the supplement being the blamed as a source of many of our ills. Depression? D can ease it. Chronic pain? Take D. It is said to prevent kidney disease, diabetes, osteoporosis, colon and breast cancer, cardiovascular disease, or even the common cold. Recently, a study linked low vitamin D levels to the rise in Caesarean births."

So, get outside, soak up that sun, and take your multi-vitamin. Most are available for well under \$10, and provide about 400 International Units (IUs), which exceeds the suggested dose. Foods such as milk, cheese, yogurt, fortified cereal, eggs, salmon, tuna, and orange juice are also great sources. <http://www.msnbc.msn.com/id/28894095/from/ET/>

***Spring is when you feel like whistling, even with a shoe full of slush.
-Don Larson, middle-distance Olympic runner***

PERSONALTRAININGKT.COM

Personal Training with Katie
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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 Pine Island, Mazeppa, Zumbrota, Goodhue, and Wanamingo. 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.

MUSCLE TONE AND PILATES CLASSES

GOODHUE LION'S CLUB <i>8 sessions \$60</i>	WEDNESDAY'S, 6:30 p.m. March 11–April 22 **Classes are held twice per month.
WANAMINGO ELEMENTARY SCHOOL CAFETERIA <i>8 sessions \$60</i>	THURSDAY'S, 7:15 p.m. March 12-April 22 ** Sign up through Community Education. (Winter session ends 3/5.)
PINE ISLAND	TO BE ANNOUNCED * Current Pine Island schedule ends March 3.
PILATES	TO BE ANNOUNCED

NOTE: Katie will be certified as a pilates instructor in March! Class schedule/locations to come!!

SUCCESS!!



In hopes of gathering feedback about muscle tone classes, Katie developed a short survey to collect comments from participants about their reasons for joining a class, their opinions on class atmosphere, cost and variety, and, of course, their results relating to the muscle tone workouts.

The feedback was resoundingly positive! Those that responded agreed that Katie's upbeat, relaxed and flexible approach made time pass quickly and exercise more fun in general. "Katie makes it more enjoyable to work out," one respondent said. "It's very affordable and convenient," said another participant. "We do different things each time, (so are) always learning new things."

Most encouraging were the results people reported, which varied from weight loss to stronger self-esteem. "My muscles are toning up and I feel better about myself," one person said. "Stronger...more in shape...my clothes fit better..." said others.

Katie has offered muscle tone classes since last fall in Pine Island, Rochester, Wanamingo, and Goodhue. Look above for her most current schedule, which can also be found online at www.personaltrainingkt.com. Two months of classes (eight sessions) typically cost \$60 — that's only \$30 per month! And, as mentioned above, Katie will begin offering pilates classes this March!

"I know you, and I knew you'd be awesome," said a respondent. "I love the class atmosphere. It's always fun!"