

# PERSONAL TRAINING with KT

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## MISSION: YOU...PLUS!

### Inside this issue...

March fitness classes. April calendar to come in a separate email.

Holly Brown, a woman of change!

Do the math: counting calories and combining strength and aerobics equal more success!

Exercise and recipe of the month.

Spring arrives again! Anyone else as excited as I am? To keep up with change ready to burst from the skies and the ground, I've developed a spin-off of my Mission: YOU program, which combines several services into one. Mission: YOU *PLUS*, is a six-week experience that includes an initial assessment followed by 11 sessions, nutrition consultation, and log sheets to track results! Contact me

or visit my website for details. In the spirit of change, I've also in-



Health is the soul that animates all the enjoyments of life, which fade and are tasteless without it.

cluded information to optimize your success, both in fitness and nutri-

tion. On the pages that follow, you'll learn why tracking your calorie consumption and making your workouts holistic are important. Our success story this edition — Holly Brown — exemplifies this!

Please contact me with any questions about my services or to make an appointment. And enjoy upcoming season!

Happy training!  
Katie

# Success!

**NAME: Holly Brown**  
**AGE: 35**  
**OCCUPATION: Respite Care Coordinator for Elder Network**  
**WEIGHT LOST: 66 lbs.**

Holly Brown was already pushing for change when she hired Katie as her personal trainer. Following a surgical procedure called Lap-Band, which wraps a small band around the stomach to allow steady weight loss, Holly had initially dropped pounds, but wasn't getting the results she wanted despite regular workouts.

"I decided to hire Katie because I had been coming

to the gym daily for two weeks, working out both with weights and elliptical machines, with no success in weight loss," she said. "I knew that in order for me to remain focused and motivated, I needed some guidance and support."

Her instincts here right on. Since starting with Katie late last summer, Holly dropped almost 30 pounds, reaching 181. And the results keep coming, both for her and family members.

"I have gained so much knowledge of overall health as a result of Katie," she said. "I am helping my

family eat healthier and eating smaller portions and also just being a positive role model for them...our whole family is changing one bad habit at a time."

With a goals of reaching 150 pounds by summer, and completion of a 5K and the "Join the Journey" Breast Cancer walk, Holly continues to make change, and encourages others to as well.

"If you haven't started an exercise program or commitment, think about it. It feels so good to know you are doing what's best for your body and living the best like you can.



**HOLLY BEFORE**



**HOLLY AFTER**

## ***WEIGHTS + AEROBIC = OPTIMAL EXERCISE***

Thinking you're getting everything you need — toning, weight loss, etc. — from aerobic exercise? The pros will tell you otherwise.

Resistance training (weights) is how real toning and firming occurs, and doing it in conjunction with aerobic exercise is the optimal way to lose fat and gain muscle.

It can seem counterintuitive — most know that muscle weight more than fat, and, therefore, it's easy to

expect that weight training may add bulk to your body and weight to the scale. But science shows that weight loss increases by 56 percent when muscle training and aerobic exercise are combined.

The reason: A pound of muscle uses 350-500 calories per week to survive, while a pound of fat needs only about 14 calories a week. Hence, your metabolism is higher, burning more calories at rest.

So, pump some iron! Do several sets of moderate weight to build bone mass and increase metabolism for a leaner look.

And don't neglect that heart rate! Aerobic exercise elevates the heart rate and breathing to keep those organs strong and burn energy.

It's easy math!

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## **Exercise of the Month Dumbbell Ball Squat**



1. Start with your feet shoulder-width apart and low back pressed firmly against the stability ball. Hold the dumbbell in front of you with both hands.



2. Lower your body down until your knees hit 90 degrees. Make sure your shoulders are retracted and your back is straight.



3. Press your body back up and repeat.

## A Life Change: Lis Tidemann's Journey

Last month, we introduced you to Lis Tidemann, a Denmark-born local business owner struggling on her weight loss path. While she notices major difference in her energy level and abilities due to her commitment to regular exercise — It's "great!" she said — nutrition continues to be her challenge,

especially on busy days when she doesn't plan meal ahead.

"I try to stay away from restaurants, and I need to make better choices when I do go. The days that I do not plan ahead for don't turn out so well when you have to find something to eat fast," she said. "I've found that thinking ahead and planning what to

eat has helped a lot."

And this sets the course for her current goal: "Writing down what I eat with calorie count. I email my food intake to Katie on good days...hopefully it will be every day soon."

# MARCH FITNESS CLASSES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 4-Muscle Tone <b>Rochester</b> 5:45pm-6:45pm	2 <b>No class — Pine Island</b>	3 8-Power Sculpt <b>Zumbrota</b> 5:45am-6:30am <b>(Last)</b>  3-Muscle Tone <b>Zumbrota</b> 3:45pm-4:45pm	4 4-Cardio Circuit <b>Wanamingo</b> 7:15pm-8pm <b>(Last)</b>	5	6 8-Muscle Tone <b>Pine Island</b> 8am-8:50am <b>(Last)</b>  1-Cardio Circuit <b>Pine Island</b> 9am-9:45am
7	8 5-Muscle Tone <b>Rochester</b> 5:45pm-6:45pm	9 1-Muscle Tone <b>Pine Island</b> 6:30pm-7:20pm	10 4- Muscle Tone <b>Zumbrota</b> 3:45pm-4:45pm <b>(Last)</b>	11 1-Power Sculpt <b>Wanamingo</b> 7:15pm-8pm	12	13 1-Muscle Tone <b>Pine Island</b> 8am-8:50am  2-Cardio Kick <b>Pine Island</b> 9am-9:45am
14	15 6-Muscle Tone <b>Rochester</b> 5:45pm-6:45pm	16 2-Muscle Tone <b>Pine Island</b> 6:30pm-7:20pm	17	18 2-Power Sculpt <b>Wanamingo</b> 7:15pm-8pm	19	20 2-Muscle Tone <b>Pine Island</b> 8am-8:50am  3-Cardio Circuit <b>Pine Island</b> 9am-9:45am
21	22 7-Muscle Tone <b>Rochester</b> 5:45pm-6:45pm	23 3-Muscle Tone <b>Pine Island</b> 6:30pm-7:20pm	24	25 3-Power Sculpt <b>Wanamingo</b> 7:15pm-8pm	26	27 3-Muscle Tone <b>Pine Island</b> 8am-8:50am  4-Cardio Kick <b>Pine Island</b> 9am-9:45am <b>(Last)</b>
28	29 <b>No class — Rochester</b>	30 4-Muscle Tone <b>Pine Island</b> 6:30pm-7:20pm <b>(Last)</b>	31			

\*\*\* See class descriptions and prices online at [www.personaltrainingkt.com](http://www.personaltrainingkt.com) \*\*\*

# RECIPE

## Fiesta Salsa

Serves 4:

1 diced Roma tomato or 1/3 cup chopped canned tomatoes

2 tablespoons diced red onion

1/2 jalapeno pepper, seeded and finely chopped

2 tablespoons diced red or green peppers

1 1/2 teaspoons chopped cilantro

1 1/2 teaspoons fresh lime juice (about one lime)

Salt and pepper to taste

Dash hot sauce (optional)

Place tomatoes, onions, jalapeno, peppers, cilantro and lime juice in a bowl. Add salt, pepper, and hot sauce. Serve with tortilla chips or pita bread (wheat are best for you!)

Nutrition information: 10 calories, 0 g fat, 80 mg sodium, 2 g carbohydrates, 1 g fiber



## *Counting all calories!*

The key to eating less may be all in your head in a recent study. Fifty adults were given a seemingly healthy turkey sandwich for lunch. But it actually contained 960 calories (fatty mayo, cheesy bread), a fact only half the group was told. The outcome: Clued-in diners ate 459 fewer calories throughout the rest of the day.

When you know how many calories you're consuming, you're more likely to balance your overall intake, according to researchers. So pay attention! Knowledge is power!

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

***No problems, only solutions!***