



MAY 2009



Personal Training with KT

"No Problems, Only Solutions"

MAKE IT A GROUP THING!

Greetings, everyone! I must say that I've been so excited to issue this edition of my newsletter for reasons you'll find on the flip side of this sheet. The Olufson family — Charles, Jane, and JulieLynn — have been an amazing group of three to train, and I think their results show how successful people can be by working with me and their loved ones simultaneously!

It's no secret that "exercise buddies," be that your partner, sibling, or friend, can improve your results and keep you committed to your goals: it offers accountability, support, and, often times, more fun. Olufson family members said their weight loss work together brought them closer and inspired their lifestyle changes. I can tell you that I've really enjoying watching their continued transformation.

I wanted to give you some information about group rates. As with typical training packages, the more you buy, the more you save. I have packages ranging from one-time to 52 — included in multiple group sessions are ongoing nutrition counseling, two free workout books, and body fat measurements every six weeks. Don't forget payment plans are available; I can discuss those options on an individual basis.

So buddy up if you can! Take walks with your friend or spouse, sign up for group activities, or plan visits to the gym with a coworker or sibling. And I'm always here for advice or hire whether or not you have a partner in fitness.

Also, don't forget that I'm available to train for races this spring and summer. As you'll see in the Olufson story, it's why Charles first hired me, and he'll be running a half-marathon with his daughter this coming June! Contact me or visit my website (www.personaltrainingkt.com) for information about races and rates.

Happy Training!!

—Katie

CLASSES

MUSCLE TONE

Location	Day	Time	Dates	Cost
Pine Island High School Cafeteria	Tuesdays	6:30 p.m.-7:30 p.m.	April 14th—May 26th	6 sessions \$42
Goodhue Elementary School Gym	Thursdays	5:45 p.m.-6:45 p.m.	April 30th—June 4th	6 sessions \$50
Wanamingo Elementary School Cafeteria	Thursdays	7:15 p.m.-8:15 p.m.	March 12th—May 21st	CLOSED

STRETCHING

Plainview Community Center	Thursdays	7:00 a.m.-7:30a.m.	March 26th-May 14th	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	6 sessions \$54
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GYM ETIQUETTE

Wanamingo 24/7 Gym	Thursday	6:00 p.m.-6:45 p.m.	April 9th OR April 16th	FREE!!
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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.

SUCCESS!!

THE BEFORES



NAME: Charles Olufson
OCCUPATION: IT Systems Administrator
START WEIGHT: 246 lbs
CURRENT WEIGHT: 217 lbs

Dad Charles Olufson was the first of his family of three to hire Katie as a personal trainer. Suffering from shin splits due to a new running routine, Charles wanted to Katie to help him avoid injury and improve his physical training. He would later commit to an almost overhaul of his diet and exercise routine along side his wife, Jane, and daughter, JulieLynn. "This year decided to get serious about losing weight," Charles said of his family. "Katie created a calorie and nutrition plan for each of us. She motivates us to keep faithful in our cardio workouts. She guides us in a variety of strength and resistance training. We had all been trying to lose weight without much success. Now we have had success!" Having lost two pants sizes already, Charles has his eyes set on bettering his half-marathon time from last year. He plans on running the Gary Bjorklund Half Marathon, also known as Grandma's Half Marathon, with his daughter in June. "Doing this as a family makes it much easier," Charles said. "Helping each other and Katie helping us all is a recipe for success!"

CONGRATULATIONS, CHARLES!!

THE AFTERS



The Olufson Family DAD

MOM

NAME: Jane Olufson
OCCUPATION: Dental Hygienist
START WEIGHT: 154 lbs
CURRENT WEIGHT: 142 lbs

Mom Jane was the third in her family to join efforts with Katie after repeated failed attempts to lose weight. "I was doing some mild resistant exercise, but not much cardio and not much results," she said. "So (Charles) encouraged me to join him with Katie." Following a meal plan created by Katie and committing to exercise three days a week, Jane has lost six inches in her waist and three inches in her hips and hopes to drop several more pounds next year. She said the family support has helped each member stay focused, track results, and save the others from slips. "We sit down at a meal and everyone is saying how many calories in this food," she said. "If someone has overeaten one of us will go and do some extra exercise together."

CONGRATULATIONS, JANE!!



DAUGHTER

NAME: JulieLynn Olufson
OCCUPATION: Student
START WEIGHT: 194 lbs
CURRENT WEIGHT: 176 lbs

Encouraged by her parents' lifestyle changes, daughter JulieLynn began training with Katie with weight loss goals also in mind. And she found similar success. Almost twenty pounds lighter than her first training session, JulieLynn said her smaller size and better diet have increased her self-esteem "incredibly," and she hopes to drop a further 15 pounds with her trainer and family's support behind her. "After sticking to this eating and exercising regime for this long, we talk about how much we ate before hiring Katie, and we are shocked that we sometimes ate a whole day's worth of calories in one meal!" she said. Undeterred by a difficult experience last year, JulieLynn plans on running a June half-marathon with her father this summer. "We ran that last year but I ended up in the medical tent afterward. This year I want to get a better time and stay out of the medical tent!," she said, adding that working with Katie has not only brought results — it's brought her family closer. "When one of us talks about getting some exercise, it encourages the rest of us to do the same thing," JulieLynn said. "I can't say enough good things about Katie. She mixes up our exercise routine every time, which keeps it interesting, keeps us much more interested, and keeps us putting our best into it. Katie is a huge part of why we have success!"

CONGRAULATIONS, JULIELYNN!

