

# PERSONAL TRAINING with KT

pt\_with\_kt@yahoo.com

www.personaltrainingkt.com

(507) 990-3844

### Inside this issue...

Multiple announcements, including team sponsorship and new services!

Success stories Cindy Lyons and Mattea Squires

Updated calendar, including May sporting events and classes.

I am so ready for May! As I think about all of the awesome things to come this month and the next, I can't wait to get rolling!

The first: my new Mind/Body service, which I discovered during an April conference hosted by The American College of Sports Medicine in Austin, TX. I can't begin to quantify how beneficial this will be to my business! The Mind/Body service will allow you to directly schedule your sessions online, as well as send calendar reminders, keep track of your programs, and pay and extend your services. I'm sooo stoked! Its scheduled to activate this

## Bring it!

May; I will definitely be sending you more information.

Also this May: athlete extravaganza! I'm sponsoring multiple teams this year,



In my experience, there is only one motivation, and that is desire. No reason or principle can stand against it. — Jane Smiley

including softball, marathon, and kickball teams. See the calendar on page three for details.

I also need to highlight the fantastic stories of my clients Cindy and Mattea. They really re-emphasize the saying, "Weight loss is 60 percent nutrition, 40 percent fitness." Watching what you eat is vital to healthy lifestyle and weight!

Finally, a reminder to become a fan of PT with KT on Facebook and a special notice of the wellness presentations I'm offering to local businesses. Contact me for more details.

Happy Training!  
Katie

## ANNOUNCEMENTS



### Business nutrition and exercise presentations

For businesses to improve overall employee wellness. Healthy employees save on insurance costs and can be more productive. Schedule with Katie today!

### Become a fan of PT with KT on Facebook!

### PT with KT is sponsoring local athletes!

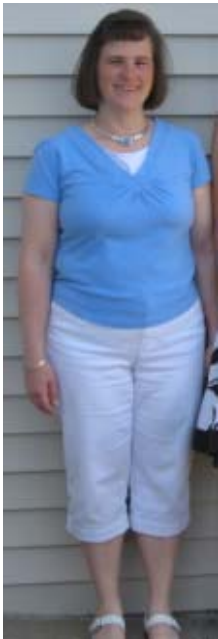
PT with KT has joined forces with Beer Bellyz to create an unstoppable softball team, playing Mondays at McQuillan Fields in Rochester. See calendar on page two for game times in May or visit [www.ci.rochester.mn.us](http://www.ci.rochester.mn.us) for the summer schedule!

Other sponsorships include four relay teams running the **Med-City Marathon** ([www.medicitymarathon.com](http://www.medicitymarathon.com)) May 30 in Rochester and the **"Breasties of Friends"** in a Zumbrotta kickball tournament in support of breast cancer research!



# Success!

## Nutrition matters!



Cindy before

NAME: Cindy Lyons  
AGE: 41  
OCCUPATION: Stay-at-home mom, church secretary, child care provider  
BEGINNING WEIGHT: 143lbs  
CURRENT WEIGHT: 130lbs

1400 calories. That's the daily allowance mother-of-three Cindy Lyons gave herself after embarking on her weight loss efforts with Katie. "My goals were to lose five to 10 pounds, get in better shape, tone my abdomen, hips, thighs, etc. (all the problem areas)," she said.

With 350 calories per meal and another 350 in snacks per day, Cindy said she noticed results — "I actually lost some

weight after doing that for a month, which really motivated me to continue to watch what I eat." — which demonstrated, she said, that nutrition as integral to weight loss as fitness.

"I saw the weight start to come off once I started watching what I was eating instead of just exercising," she said. "That showed me the importance of not just exercising, but watching what I eat too."

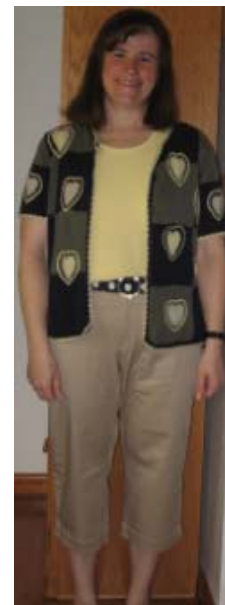
It's value was twofold to the busy mom — who also provides child care and works as a church secretary — given a schedule that makes it difficult to hit the gym regularly.

"Unfortunately, I do not

make it to the workout center like I would like," Cindy said. "My goal is to make it there twice a week, but my busy lifestyle does not always allow that. I always feel great after a workout though."

Now 15 pounds lighter, Cindy said her effort moving forward will be continued focus on nutrition and workouts at least twice a week.

"It has been really exciting to see the weight come off now after working with Katie for awhile," she said. "Friends and family have noticed that I have lost weight and say that I look really good. That makes me feel good!"



Cindy after



Mattea before

NAME: Mattea Squires  
AGE: 26  
OCCUPATION: Office manager, Dependency technician, student  
BEGINNING WEIGHT: 160lbs  
CURRENT WEIGHT: 133lbs

Mattea Squires was seeking an awakening of sorts when she decided to enlist Katie as her personal trainer.

"At the time I hired Katie, I was really down on myself and didn't feel healthy or good about myself," she said. "All I wanted to do was eat and hide from the world. I knew I needed someone to help me."

Help meant a healthier path — goals, diet and exercise — that led to changes inside and out for Mattea.

"We set a diet plan out

and had a set calorie intake," she said. "We also set a goal of losing 30 pounds by July 1 (9 1/2 months away). A lot of other goals were set including strength training and cardio workouts. Most of all, I wanted to feel good about myself."

With calorie limits and a workout program in place changes came quickly, and it bolstered her resolve. After three months of personal training with Katie, Mattea decided to go it alone, working out and following a food regime that became increasingly intuitive.

"I know what is healthy, and what isn't," she said. "I have focused more on diet than the workouts because I work two jobs and go to school, but I try to be more

active than before. Still every week that goes by I can tell the difference in my body. My life has changed tremendously."

With a wedding planned for August, Mattea is about three months ahead of her weight loss schedule, which she said allowed her to more enjoy the details of planning...dress shopping, in particular.

"I felt great and beautiful, and I know I wouldn't have even wanted to try dresses on if I hadn't lost all that weight."

"I would recommend Katie's programs and guidance to anyone," she continued. "She is the reason for my happiness and love for myself today."



Mattea after

# MAY FITNESS CLASSES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 1-Boot Camp Wanamingo 5:45am-6:30am  Softball 8:15pm vs. Misfitz	4 Let's Mix it up Pine Island 5:30am-6:15am <b>LAST</b>	5 1-Boot Camp Pine Island 5:45am-6:30am	6 Strength circuits Wanamingo 7:15pm-8pm <b>LAST</b>	7	8 1-Boot Camp Pine Island 9:15am-10am
9	10 2-Boot Camp Wanamingo 5:45am-6:30am  Softball 6:15pm vs. Bootleg Liquor	11	12 2-Boot Camp Pine Island 5:45am-6:30am	13 1-Cardio Kick Wanamingo 7:15pm-8pm	14	15 2-Boot Camp Pine Island 9:15am-10am
16	17 3-Boot Camp Wanamingo 5:45am-6:30am  Softball 9:15pm vs. TDS Metrocom	18	19 3-Boot Camp Pine Island 5:45am-6:30am	20 <b>NO CLASS</b>	21	22 3-Boot Camp Pine Island 9:15am-10am  <b>Kickball Tournament Zumbrota</b>
23	24 4-Boot Camp Wanamingo 5:45am-6:30am  Softball 6:15pm vs. Nuns of Death	25	26 4-Boot Camp Pine Island 5:45am-6:30am	27 1-Power Sculpt Kenyon 6pm-6:45pm  2-Cardio Kick Wanamingo 7:15pm-8pm	28	29 <b>NO CLASS</b>
30 <b>Med-City Marathon Rochester</b>	31 <b>NO CLASS</b> No softball game	June 1	2 5-Boot Camp Pine Island 5:45am-6:30am	3 2-Power Sculpt Kenyon 6pm-6:45pm  3-Cardio Kick Wanamingo 7:15pm-8pm	4	5 4-Boot Camp Pine Island 9:15am-10am

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

Softball schedule available at [http://www.ci.rochester.mn.us/departments/park/sports/adult/softball/Summer/schedules/Coed\\_American-187.pdf](http://www.ci.rochester.mn.us/departments/park/sports/adult/softball/Summer/schedules/Coed_American-187.pdf)

# RECIPE OF THE MONTH

## Terrific Toasty Veggie Quesadillas

### INGREDIENTS (serves 6):

- 2 tablespoons olive oil
- 2 green peppers, thinly sliced
- 4 scallions, thinly sliced
- Salt and pepper
- 1 cup grated Monterey Jack cheese
- 1 cup cooked corn kernels
- 2 tablespoons freshly squeezed lime juice
- 6 whole wheat flour tortillas
- 1/4 cup salsa



### INSTRUCTIONS:

1. Preheat oven to 350°F
2. Heat oil in large sauté pan over medium-high heat. Add peppers and scallions and season with salt and pepper. Cook about 5 minutes, until tender. Remove from heat and cool.
3. Mix pepper and scallion mixture with remaining ingredients, except salsa and tortillas. Taste and season with salt and pepper.
4. Lay tortillas on counter, and spread 1/6 of the mixture down the middle of each of the tortillas, leaving a 2-inch border at the bottom edge. Smooth a spoonful of salsa on top. Roll up the tortilla halfway, fold in the ends, and then continue rolling until they form a thick cylinder.
5. Set the quesadillas seam side down on a baking sheet. Bake 5 minutes, flip, then cook an additional 5 to 10 minutes, or until cheese is melted.

302 calories, 13 g fat, 10 g protein, 644 mg sodium, 37 g carbohydrates, 1 g fiber, 4 g saturated fat.

\*\*\*\*\*Add a grilled chicken breast for an extra 142 calories!\*\*\*\*\*

**Personal Training with KT**  
**Business phone: (507) 990-3844**  
**Cell phone: (507) 358-3398**  
**E-mail: pt\_with\_kt@yahoo.com**

**www.personaltrainingkt.com**



Katie Burdick is a personal trainer specializing in nutrition, weight loss, and weight management. She trains at Anytime Fitness in Rochester, 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 Menomone - 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!***