

PERSONAL TRAINING with KT

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Hello Everyone, the Holidays are right around the corner! We have once again expanded our newsletter two more pages! This issue has two success stories, November and December Class schedule (stay updated with changes on our website), To Stretch or Not to Stretch by Katy Hetland, CPT. Check out our exer-



cise of the month as well as the recipe of the month!!

Don't forget to SIGN UP for the Thanksgiving group fitness class located in Rochester at the Studio as well as in Kenyon at the Workout 24/7 Gym both classes are from 830am to 915am! We need at least 5 people for each class to be held so if you're interested please email me today to save your spot! This is a great way to jump start

your metabolism for the BIG Thanksgiving dinner! Classes that day are \$8/class. Xmas is right around the corner don't forget to give the gift of health to your love ones! Gift Certificates are available year around! Unable to reach your nutrition/fitness goals? Contact us today to set up an appointment to discuss possible opportunity to feel and look great! -Happy Training KT

To Stretch or Not to Stretch?

Some may feel that stretching is a must before and after a rigorous workout, while others feel the need to stretch only if they have a few extra minutes to spare. It has been up for debate whether or not stretching really helps in preventing injury. While it does not PREVENT injury it does decrease the RISK of injury. Stretching also increases flexibility, improves your circulation, posture, balance, and coordination. Stretching also helps alleviate lower back pain, improves artery function, and is good for the heart.

So is it best to stretch before or after your work out? Actually it is beneficial to start with a 5-10 minute warm up and *then* begin your stretching routine. Hold each stretch for at least 30 seconds as it takes time to lengthen tissues safely. If it becomes painful you have probably gone too far as it should not be painful. After you have concluded your

workout you should always leave time for additional cool down stretches. This will help to decrease the risk of muscle soreness. The key to stretching is to make sure you practice it daily. The more you stretch, the more flexible you will become. Remember flexibility develops over time so you must be patient and give your muscles time to adapt. The more you rush the process the greater the risk of muscle tears so make sure to ease into your stretching routine and you will see a gradual increase in flexibility and your muscles will be grateful.



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Exercise of the Month

Tricep Dip

1. Place your hands on the edge of a gym bench or chair.
2. Keep your arms close to your body with your knuckles pointing straight ahead.
3. Bend your knees so your thighs and lower legs form slightly more than a 90-degree angle.
4. Bend your elbows and slowly lower your body.
5. Straighten the elbows to raise the body up.



Recipe of the Month

Chicken Caesar Pitas

Ingredients

1 can (5 ounces) chunky white meat chicken packed in water, drained

3/4 cup chopped romaine lettuce
1 Roma tomato, chopped (about 3/4 cup)

1/4 cup grated fresh Parmesan cheese

1/3 cup fat-free Caesar dressing

1 whole-wheat pita bread, cut in half



Directions

In a small bowl, add the chicken, lettuce, tomato, Parmesan cheese and Caesar dressing. Toss to mix evenly. Cover and place in the refrigerator for 10 minutes.

Stuff the chicken mixture into the pita bread halves.
Serve immediately.

Per serving (1 cup):

107 calories; 7 g fat; 3 mg cholesterol; 8 g carbohydrates; 4 g protein; 3 g fiber; 119 mg sodium

Success Story

Bridal Boost program-

Like many brides-to-be, Colleen Ronningen (formerly, Ohr), hired a personal trainer as part of wedding planning, with the goal of looking her "best on her big day." Already slim and active, Colleen wasn't preoccupied with weight loss; instead, she wanted to tone and eat healthier. And she immediately knew who would bring the most results, and laughs.

"I had been to a couple of Katie's classes prior to having her as my personal trainer and knew that by how much fun we always had in class and her positive attitude if anyone could help me it was her," she said.

With about nine months to train before the wedding, Colleen and Katie started with goals and a tailored fitness and nutrition plan. Although she already felt pretty comfortable with healthy habits, Colleen said Katie helped her take her knowledge to the next level, and never hesitated providing on-the-spot advice as she considered new food options.

"Katie was always there to answer questions I had - whether during our sessions, in group classes, via email or a phone call; she would respond in a friendly manner," she said. "I never felt as though I was a bother. Many times I would be confused as to what options I had to choose from for brands of food and how to switch up my meals; Katie was a great help! I never missed a weekly session because of how great I felt when I left after working out. She was always a motivator and I looked forward to the achievement I felt each week."

Now married, Colleen said she's still committed to her training regime, and opted to continue sessions to keep her fit and prepare for an expanding family.

"I still watch what I eat and try to exercise as much as I can; besides I don't want to run into Katie and let her see that just because I'm married now I have let myself go. So I signed up for more sessions!," she said. "I love it so much that I can't wait to get back in the groove; that way I can continue with my achievements and keep learning new ways to have fun while working out! We are hoping for a baby soon so Katie will have her work cut out for her."



Congratulations Colleen

Nutrition Counseling

The Program:

Initial Nutrition Consult- \$45.00

Includes:

- Complete assessment
- Diet analysis
- Developing an action plan

3 month weight loss program - \$99.00 per month

Includes:

- weekly nutrition education on various topics
- intuitive eating
- meal planning
- label reading
- dining out
- behavior modification

Sessions will provide you with the nutritional information, food knowledge and motivation that is necessary to change your eating habits!!

“Choice, Not chance determines ones destiny”

Meet with the dietician one on one every month for fine tuning of goals, reassessment.

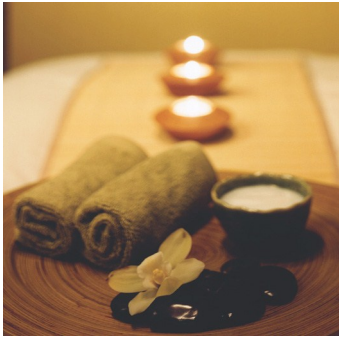
Classes will meet one time per week starting in November (more classes will be scheduled based on need)



Therese Shumaker is an expert in the field of nutrition. She is a registered dietitian and licensed in the state of Minnesota. She has a Master's degree in Exercise Science, and is working on a degree in counseling. She is highly motivated, and interested in helping her clients achieve their fitness goals. She is an active member of the American Dietetic Association, and has presented on various nutrition topics both locally and nationally.

I look forward to hearing from you!!
Call or email me to set up your first appointment
Or to ask questions
shumakertherese@yahoo.com

Don't Wait 'Till The Last Minute!



The holiday season is approaching soon! Don't wait until the last minute to get those gifts wrapped up. Give the gift every one can enjoy, massage. Get **15% off** any gift certificate, and **20% off** any package purchased this holiday season. Buy one for a friend and use one for yourself and let the stress of all that running around melt away.

Try the NEW

Exfoliating Thermal Wrap

this winter. Many of you have already taken notice that Kate is expecting! Baby is due December 18th, Kate will be taking some time off in the first few weeks but will be back in action for the new year!

Call today for services available and package information.

Kate Knutson ,CMT
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kate@kajmassage.com

The holidays are not the only thing on the way

Give the Gift of Health



Reminder:

Gift certificates available through Personal Training with KT for services such as:

Group Fitness Classes

Personal Training

Nutrition Coaching

Healthier YOU Consult

THANKSGIVING GROUP FITNESS CLASS



Get your rear in gear before filling yourself with turkey!

Come to the Personal Training with KT Studio in Rochester OR Kenyon for a great way to start your Thanksgiving!

When: Thursday, November 24th **Where:** 1221 3rd Ave SW, Rochester, MN **OR** Workout 24/7 Gym

Time: 8:30am-9:15am

November Fitness Classes

Sun	Mon	Tue	We d	Thu	Fri	Sat
		1 T-N-T Katie-K 6-6:45pm	2	3 Power Sculpt Katie-W 7:15-8pm Power Sculpt Caitlin-R 6-6:45pm	4	5 Muscle Tone Katie-R 9-9:45am NO Kenyon Strength Class
6	7	8 T-N-T Caitlin-K 6-6:45pm	9	10 NO WAN- CLASS Power Sculpt Caitlin-R 6-6:45pm	11	12 NO ROCH CLASS Power Sculpt Caitlin-K 9-9:45am
13	14	15 T-N-T Caitlin-K 6-6:45pm	16	17 Power Sculpt Katie-W 7:15-8pm Power Sculpt Caitlin-R 6-6:45pm	18	19 Muscle Tone Katie-R 9-9:45am Power Sculpt Caitlin-K 9-9:45am
20	21	22 T-N-T Katie-K 6-6:45pm	23	24 Thanksgiving Class Caitlin-R 8:30-9:15am Thanksgiving Class Katie-K 830-915am	25	26 Muscle Tone Katie-R 9-9:45am Power Sculpt Caitlin-K 9-9:45am
27	28	29 T-N-T Katie-K 6-6:45pm	30			
						W=Wanamingo K=Kenyon R=Rochester

*** See class descriptions and prices online at www.personaltrainingkt.com ***

December Fitness Classes

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		W=Wanamingo K=Kenyon R=Rochester		1 Power Sculpt Katie-W 7:15-8am Muscle Tone Caitlin-R 6-6:45pm	2	3 Muscle Tone Katie-R 9-9:45am Power Sculpt Caitlin-K 9-9:45am
4	5	6 Cardio Fit Katie-K 6-6:45pm	7	8 Power Sculpt Katie-W 7:15-8am Muscle Tone Caitlin-R 6-6:45pm	9	10 Muscle Tone Katie-R 9-9:45am Power Sculpt Caitlin-K 9-9:45am
11	12	13 Cardio Fit Katie-K 6-6:45pm	14	15 Power Sculpt Katie-W 7:15-8am Muscle Tone Caitlin-R 6-6:45pm	16	17 Muscle Tone Katie-R 9-9:45am Power Sculpt Caitlin-K 9-9:45am
18	19	20 Cardio Fit Katie-K 6-6:45pm	21	22 Power Sculpt Katie-W 7:15-8am Butts, Guts, & More Caitlin-R 6-6:45pm	23	24 Muscle Tone Katie-R 9-9:45am Power Sculpt Caitlin-K 9-9:45am
25	26	27 Cardio Fit Katie-K 6-6:45pm	28	29 Power Sculpt Katie-W 7:15-8am Butts, Guts, & More Caitlin-R 6-6:45pm	30	31 Muscle Tone Katie-R 9-9:45am Power Sculpt Caitlin-K 9-9:45am
						W=Wanamingo K=Kenyon R=Rochester

*** See class descriptions and prices online at www.personaltrainingkt.com ***

Success Story

Rochelle had several important reasons to seek out a personal trainer: her husband, her son, and herself. "I was worried about my husband and son's health and wanted to make this change for myself in order to make healthier changes for all of us," the 40-year-old said. "I had done the diet and exercise thing before and had results, but nothing ever stuck." And it was support she felt she'd lacked. With a goal to lose over 50lbs, Rochelle and her



trainer Caitlin agreed on a 1-2-2 work week schedule: one day with Caitlin, two individual workouts, and two days of rest. After awhile, Rochelle saw success in weight loss, and a new mentality about exercise that still amazes her. "I now look forward to exercising," she said. "I never would have imagined that. I actually miss it if I don't get to the gym

when I should."

Still maintaining five days of exercise a week and gaining nutrition help from myfitnesspal.com, Rochelle says she feels confident she'll lose that last 25 pounds. In the meantime, she has new clothes, more energy, and renewed perspective.

"My family and friends have definitely noticed a difference in me, and hearing their compliments and having their support is great motivation to get to my goal," she said. "I just want to say having Caitlin as a trainer has been a wonderful experience for me! She gave me the courage and strength I needed to help me succeed!"



Congratulations Rochelle!

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Personal Training with KT is a unique one-to-one personal training business that offers individuals personalized training programs and nutrition counseling from certified professionals. With a positive support system, our trainers guide and motivate our clients to their health and fitness goals. Along with outstanding results, our clients benefit from a remarkable learning experience.

"No Problems, Only Solutions"