



NOVEMBER 2009



# Personal Training with KT

"No Problems, Only Solutions"

## 'TIS THE SEASON

Though "'Tis the season" is often associated with the fa-la-la's of Christmas, the cold weather, increased eating, and decreased activity typically begin around November with Thanksgiving dinners, football gatherings, and sub-freezing temperatures. Though research varies, experts say that a person can expect to gain anywhere from one to 10 pounds from the holidays' start to finish. So be aware and plan ahead! Ask yourself what healthy recipes you can contribute during family gatherings — I've posted a great cauliflower dish to the left, which can substitute carbohydrate-filled mashed potatoes! — and don't forget to exercise. As Gina Head, our success story feature this month, says, exercise is best regarded as a routine and self-care!

One way to make sure you're got regular physical activity in your schedule is by signing up for one or more of my muscle tone or boot camp classes. Most have already started, but I'm planning some to come this November, including a Thanksgiving morning class in Pine Island. Keep a close watch on my website — [www.personaltrainingkt.com](http://www.personaltrainingkt.com) — for details. And, remember, drop in's welcome!!

I'm also offering a fall/winter special for those seeking more individualized attention: Receive a FREE fifth session for every four sessions you buy! That's only \$40 per session, and likely an invaluable step to a healthier, happier lifestyle! Do it for yourself! For those west of Rochester, consider joining the Kasson Anytime Fitness, where I've just started offering my services!

### Roasted Cauliflower

**INGREDIENTS:**

- One head cauliflower
- Three tbsp. olive oil
- One tsp. salt
- 1/8 tsp. pepper
- Three cloves garlic

**PREPARATION:**

Preheat oven to 400 degrees. Separate cauliflower into florets, then slice florets into 1/2" slices. Drizzle olive oil over a large baking pan and toss cauliflower with salt, pepper, and garlic. With hands, toss cauliflower with seasoning and oil to coat. Roast for 35-45 minutes until edges are light brown.

# SUCCESS!!

**NAME:** Gina Head  
**AGE:** 39  
**OCCUPATION:** Child care provider  
**WEIGHT LOST:** 26 pounds

Gina's journey into a more fitness-focused lifestyle began with a friendly competition between high school classmates. The "shape up challenge" urged team members to walk more and lose weight for prize winnings. "I didn't lose any weight, but my team won for the most miles walked because of others on my team and not because of me," Gina, a mother of four, said. "I knew I needed to step up this time when we decided to have a new shape up challenge." So Gina joined Anytime Fitness, though quickly realized that she would also need a trainer to fully realize the perks of a membership. "I walked into a gym and felt intimidated...", she said. Her work with Katie quickly changed the tone, however, and, now 26 pounds lighter, Gina says that exercise is now prioritized, not neglected. "My life has changed in the fact that now I make sure my workout is something that takes a priority in my life. Taking care of myself is not being selfish," she said, adding that she also reenrolled in Weight Watchers with hopes of dropping 67 more pounds. "I did join Weight Watchers in the past, but never had much success because I didn't take time to exercise, so I'm glad that I hired Katie to help me."



**GINA BEFORE**



**GINA AFTER**

# PERSONALTRAININGKT.COM

**Why buy a heart monitor?**

According to the American Medical Association, your maximum heart rate is approximately 220 minus your age, making your target heart rate between 50 and 75 percent of your maximum. Buying a heart rate monitor allows you to track your rate, thereby ensuring proper intensity — too high is counter-productive and too low doesn't provide the substantial health benefits.

Heart rate monitors:

- \* Improve health because they allow you to find the right pace and intensity of workouts to achieve your goals.
- \* Help you lose weight by showing you whether you're working hard enough — or too hard — to burn stored fat. (60 to 70 percent of maximum, plus short bursts of higher intensity).
- \* Make the most of limited exercise time by enabling you to find that elevated rate that maximizes cardiovascular and weight-loss benefits.
- \* Let you exercise safely. If your heart rate is higher than you'd expect given the exercise, you may be getting sick or fatigued.
- \* Let you be your own coach by allowing you to monitor your performance.

*Information from numetrex.com and ellipticaltrainers.com*

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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.

## ***BOOT CAMP CLASSES***

Location	Day	Time	Dates	Cost
Zumbrota Elementary School Gym	Wednesdays	5:45 a.m.—6:30 a.m.	Oct. 14—Dec. 9	8 sessions \$60

## ***MUSCLE TONE CLASSES***

Rachel D's Dance Studio, Pine Island	Saturdays	8 a.m.—9 a.m.	Sept. 19—Nov. 7	8 sessions \$50
Century High School, Rochester	Mondays	6 p.m.—7 p.m.	Sept. 28— Nov. 23	8 sessions \$56
Goodhue Elementary School Gym	Wednesdays	5:15 p.m.—6:15 p.m.	Sept. 30—Nov. 18	8 sessions \$60
Wanamingo Elementary School Cafeteria	Thursdays	7:15 p.m.—8:15 p.m.	Oct. 1—Nov. 19	8 sessions \$60

**LOOK ONLINE AT PERSONALTRAININGKT.COM FOR CLASS DESCRIPTIONS AND MORE INFORMATION!**