

PERSONAL TRAINING with KT

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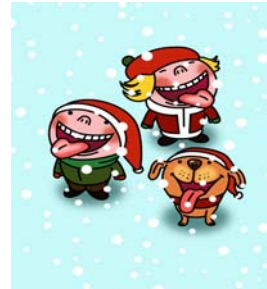
Bosu ball, Oh Bosu ball!

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- The pros and cons of running barefoot

No denying it anymore — winter is nearly upon us. And while most of us find it hard to appreciate the season's snow and cold, do your best to remember there's still fun to had! Consider Bosu balls, for instance. A large, half circle that emerges from the floor, this exercise tool is a blast for the body and the spirit. So sign up for my upcoming class in

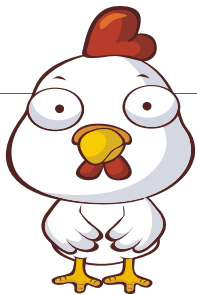
Kenyon, which starts Tuesday, November 16. Also soon to start, Zumbastics for you and your family! Taught by



There's still fun to be had in the snow!

Kenyon instructor Joan Quam on Saturdays, it's a fantastically fun way to get the family active! Please keep checking my website for more updates. And a congrats to Melissa Perko, this month's success story, for her hard work and accomplishments!

Happy training!
Katie



White Chicken Chili

Ingredients

- 1 can (10 ounces) white chunk chicken
- 3 cups cooked white beans
- 1 can (14.5 ounces) low-sodium diced tomatoes
- 4 cups low-sodium chicken broth
- 1 medium onion, chopped
- 1/2 medium green pepper, chopped
- 1 medium red pepper, chopped
- 2 garlic cloves, minced
- 2 teaspoons chili powder
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano
- Cayenne pepper, to taste
- 6 tablespoons shredded reduced-fat Monterey Jack cheese
- 2 tablespoons chopped fresh cilantro
- 6 ounces baked tortilla chips (about 65 chips)

Preparation

1. In a large soup pot, add the chicken, beans, tomatoes and chicken broth. Cover and simmer over medium heat.
2. Meanwhile, spray a nonstick frying pan with cooking spray. Add the onions, peppers and garlic and saute until the vegetables are soft, 3 to 5 minutes.
3. Add the onion and pepper mixture to the soup pot. Stir in the chili powder, cumin, oregano and, as desired, cayenne pepper. Simmer for about 10 minutes, or until all the vegetables are soft.
4. Ladle into warmed bowls. Sprinkle each serving with 1 tablespoon cheese and 1 teaspoon cilantro. Serve with baked chips on the side (about 10 chips with each serving of chili).

Nutrition

Calories 376; Fat 5g; Sodium 474mg; Carbohydrates 60g; Protein 25g; Fiber 12g

Exercise of the Month

Seated Resistance Tube Leg Press

How to Perform This Exercise

- 1- In a sitting position, keep back straight, chest out, head up and abs tight.
- 2- Place one foot on the rubber band with your knee bent at about 90°.
- 3- Holding the rubber band tight, push your leg forward in front of you.
- 4- Bring your leg back in the starting position.
- 5- Do 10 to 12 repetitions then change leg.



Pros and Cons of Running Barefoot



Pros

1. Less energy expenditure
2. Less impact on leg joints
3. Improved Balance
4. May reduce injuries

Cons

1. May cause blisters
2. May increase calf strain
3. Little foot protection
4. May increase plantar (bottom of foot) tenderness

NOVEMBER FITNESS CLASSES

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---|---|---|--|-----------|---|
| | <p>1 No Bootcamp</p> <p>4-Kenyon Zumba 615pm-7pm</p> | <p>2 No classes</p> | <p>3 3-Kenyon Power Yoga 630pm-730pm</p> | <p>4 1-Kenyon Muscle Tone 6pm-645pm</p> <p>4-Wanamingo Strength Circuit 715pm-8pm LAST</p> | <p>5</p> | <p>6 4-Pine Island Muscle tone 8am-845am LAST</p> |
| 7 | <p>8 1-Wanamingo BOOTCAMP 545am-630am</p> <p>1-Kenyon Zumba 615pm-7pm</p> | <p>9 No classes</p> | <p>10 4- Kenyon Power Yoga 630pm-730pm</p> | <p>11 2- Kenyon Muscle Tone 6pm-645pm</p> <p>1-Wanamingo Power Sculpt 715pm-8pm</p> | <p>12</p> | <p>13 1-Pine Island Muscle tone 8am-845am</p> <p>1-Kenyon ZUMBASTICS 9am-930am</p> |
| 14 | <p>15 2-Wanamingo BOOTCAMP 545am-630am</p> <p>2-Kenyon Zumba 615pm-7pm</p> | <p>16 NEW 1-Kenyon BOSU class 6pm-645pm</p> | <p>17 5- Kenyon Power Yoga 630pm-730pm LAST</p> | <p>18 3- Kenyon Muscle Tone 6pm-645pm</p> <p>2- Wanamingo Power Sculpt 715pm-8pm</p> | <p>19</p> | <p>20 2-Pine Island Muscle tone 8am-845am</p> <p>2-Kenyon ZUMBASTICS 9am-930am</p> <p>PINE ISLAND WOMEN'S EXPO 11am-3pm</p> |
| 21 | <p>22 3-Wanamingo BOOTCAMP 545am-630am</p> <p>3-Kenyon Zumba 615pm-7pm</p> | <p>23 NEW 2-Kenyon BOSU class 6pm-645pm</p> | <p>24 NO YOGA</p> | <p>25 3rd Annual Thanksgiving class Pine Island 8am-845am</p> | <p>26</p> | <p>27 NO CLASSES</p> |
| 28 | <p>29 4-Wanamingo BOOTCAMP 545am-630am LAST</p> <p>4-Kenyon Zumba 615pm-7pm</p> | <p>30 NEW 3-Kenyon BOSU class 6pm-645pm</p> | | | | |

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

Success story

NAME: Melissa Perko

AGE: 27

OCCUPATION: Graphic designer

BEGINNING WEIGHT: 157

CURRENT WEIGHT: 146

It was a simple yet burning desire that prompted then bride-to-be Melissa Perko to hire Katie as her personal trainer: that perfect wedding dress fit. "I was getting married in three months, and I didn't fit into my gown!" she said, adding that she'd already dropped 40 pounds, but couldn't shake those final few. "I hired a personal trainer because I felt lost....Well, as you can imagine, I gave up trying, and gained the weight back. I knew I couldn't do it alone, so I hired Katie. I just didn't know enough to help myself, and boy was I surprised at what I didn't know!"

First to manage, that "food monster" sabotaging her efforts. Melissa said Katie helped her take responsibility for the calories she ate, and put her on weight training and cardio circuits. Combined with Melissa's commitment, it was a winning combination. "Instead of seeing it as a punishment, I saw it as something relaxing and enjoyable," she said. "I always looked forward to my personal training sessions."

Now a wife living in Duluth, Melissa says she feels the improvements inside and out, noticing a stronger heart, moderated blood pressure, and lower stress levels. She also feels more overall confidence, and wore that wedding dress with pride.

"I just want to say thank you from the bottom of my heart to Katie. Hiring a personal trainer was the best thing I could have ever done with my life. I have learned so much, and have accomplished many goals. In many ways I believe that Katie has saved my life, without the knowledge I gained from her I would go back to my old ways without thinking twice, and, as I'm sure, gain my weight back and all of my health issues that followed it. Again, thank you, Katie, you're the best!"



Melissa on her wedding day

Personal Training with KT

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Katie Burdick is a personal trainer specializing in nutrition, weight loss, and weight management. She owns Workout 24/7 gyms in Wanamingo and Kenyon, and trains at Anytime Fitness in Rochester, at Broadway Video and Fitness in Plainview, and at Workout 24/7 gyms in Mazeppa, Zumbrota, Kenyon, and Wanamingo. She also offers classes Pine Island, Kenyon, 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!