



OCTOBER 2009



Personal Training with KT

"No Problems, Only Solutions"

JUST SAY NO...TO CANDY!

No groans! The combination of cooling weather and shorter days, plus loads of candy from your local trick-or-treaters, can spell ruin for healthy diets! And, as I've preached before, healthy nutrition is ESSENTIAL to a healthy mind and body, including your brain function, energy levels, and long-term health. A recent article — "Feed the Machine" — said sticking to your basic nutrition model is best: 50 percent carbohydrates, 30 percent fat, and 20 percent protein. And "it's not just the overall percentage, but the quality of your food choices. Some foods naturally pack a superior nutrient punch like darker colored fruits and vegetables and whole grains, cereals, and brown rice," said sports nutritionist Chris Mohr. You are what you eat, so eat well...and be well!



This month we celebrate my newsletter's one-year anniversary! In the last year, I've developed multiple new programs designed for clients of every shape and fitness level. The latest is more specialized: "Bridal Boost" offers that special attention to women wanting their best shape for their wedding day! Contact me or go to my website for more information.

To give true credit to this milestone, I'm offering a coupon for current and new members. New members can enjoy a free class or discounts on PT with KT services; current members can receive a special rate on multiple training sessions (some conditions apply). I encourage you all to use these! It's particularly timely for fall!

The PT with KT newsletter has officially reached a year!

To help celebrate, see the attached page for specials on personal training, classes, and other PT with KT services!

SUCCESS!!

NAME: Larry Fix

AGE: 64

OCCUPATION: Welder

WEIGHT LOST: 22 pounds

"Katie's House of Pain." It's the fond title Larry Fix coined to describe the rounds of work-out programs designed by his trainer, Katie, who has helped the Crenlo welder drop 20 pounds. "My programs have continued to increase in difficulty and intensity," he said. "The diversity of the programs keeps you motivated." A first-time gym member at 61, Larry said he was "work-out illiterate," without knowledge of proper technique, gym etiquette, and the like. Hiring Katie considerably improved his learning curve, helping him become a regular exerciser and, with time, more thoughtful of his eating and lifestyle habits. "Katie is fun to work with, is enthusiastic, and instills confidence," Larry said, adding that his family has been "amazed" by his transformation since his start at Anytime Fitness. "I would recommend working with Katie to any one who wants to improve condition, nutrition, and a healthier lifestyle."



LARRY FIX

**Order a t-shirt with the new
PT with KT graphic
ONLY \$5!**



**Plus, new nutrition books
available mid-October!**
Thirty-two pages to document your eating
habits to help control
portion size and your waist!

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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
Pine Island City Park	Mondays/Fridays	5:45 a.m.—6:30 a.m.	Aug. 31—Oct. 5	10 sessions \$75
Wanamingo City Park	Wednesdays	5:45 a.m.—6:30 a.m.	Sept. 2—Sept. 30	5 sessions \$40
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!