

# PERSONAL TRAINING with KT

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## Spring Back into Health!

### In this issue...

- Success Story: Laurie Hanson
- April class and event schedule
- New Yoga instructor at Rochester Studio
- 1/2 off all tanning lotions
- Spring 2011 Virtual Tour

The title says it all! It's spring — I love saying it — and that means time to awake from hibernation and renew that body and spirit! My first suggestion: the Spring 2011 Virtual Tour! The "trip" begins in Wanamingo or Kenyon and treks to LaCross, WI, about 100 miles away. You can bike, run, or walk your way there; we will start tracking miles April 1.

Speak to me or intern Justin for more details! For those of you that don't know, I've now



promises flexibility and variety, including a new yoga instructor. See my class schedule for more details. Also, congratulations to mother-of-10, Laurie Hanson, this issue's success story! What a commitment! Well done, Laurie!

Happy training!

Katie

got studio space in Rochester! Located near Hy-Vee south near Crossroads, the studio

## Turkey Tacos

### Ingredients

- 2 tsp chili powder
- 1/2 tsp cumin
- 1/4 tsp oregano
- 6 oz extra-lean ground turkey
- 1/2 cup chopped onion
- 4 whole-wheat, low fat tortillas, about 6 in. diameter warmed in microwave
- 1/4 cup shredded sharp cheddar cheese
- 2 cups shredded lettuce
- 2 medium tomatoes, diced
- 1/2 cup salsa

cumin and oregano

2. In a nonstick frying pan, add the ground turkey and onion. Cook over medium heat until the turkey is browned and onion is translucent. Drain well. Add the spices to the turkey mixture. Stir to mix evenly.

3. To serve, place 1/4 cup of the turkey mixture in each tortilla. Top each with 1 Tbsp cheese, 1/4 of the diced tomatoes, 1/2 cup shredded lettuce and 2 Tbsp salsa. Fold in both sides of each tortilla up over the filling, and then roll to close. Serve immediately.



### Preparation

1. In a small bowl, stir together the chili powder,

### Nutrition

Calories 340; Fat 13g; Sodium 423mg; Choles-

# Exercise of the Month

## BOSU Side Plank Shoulder Press

Start in a side plank position with your forearm placed across the center of the Bosu. Keep your hips raised and hold the dumbbell in front of you. Maintain a solid side plank as you pull the dumbbell up in front of your body and press it above your shoulder. Lower the dumbbell down to the starting position and repeat.



**\*\*ATTENTION TANNERS\*\***

**ALL TANNING LOTIONS 50% OFF**

### Personal Training with KT Mission Statement

**Personal Training with KT** is a unique one-on-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.

### Studio Yoga Instructor: Lisa Schrader

In April, Lisa Schrader will begin teaching yoga classes at Katie's Rochester studio. Lisa completed her RYT-200 training through Heartwork Studio in Northfield, MN, and focuses much of her teaching on helping people find a style and pace of yoga that feels "right" to them—recognizing that "right" will look different to everyone. Lisa is active with the Rochester Karma Yoga Project—a local organization that offers monthly yoga classes in exchange for donations to area non-profits—and leads yoga practices and discussions with individuals and groups throughout the community.

# April Fitness Classes

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		29 <b>NEW</b> <b>1 time</b> <b>class-</b> 1-2-3 Go! Katie-K	30 Vinyasa Yoga 6-7pm Jacline-K LAST	31	1	2 Boot Camp 8:30-9:15am Katie-P
3	4	5 Muscle Tone 6-6:45pm Katie-K	6	7 Butts,Guts, and More 7:15-8pm Katie-W  Power Sculpt 5-5:45pm Caitlin-R	8	9 Boot Camp 8:30-9:15am Katie-P
10	11	12 Muscle Tone 6-6:45pm Katie-K	13	14 Butts,Guts, and More 7:15-8pm Katie-W  Power Sculpt 5-5:45pm Caitlin-R	15	16 Boot Camp 8:30-9:15am Katie-P
17	18	19 Muscle Tone 6-6:45pm Katie-K	20	21 Butts,Guts, and More 7:15-8pm Katie-W  Power Sculpt 5-5:45pm Caitlin-R	22	23 Boot Camp 8:30-9:15am Katie-P  Yoga Test Drive FREE 10-11am & 5- 6pm Lisa-R
24	25	26 Muscle Tone 6-6:45pm Katie-K  Intro to Yoga 5-6pm Lisa-R	27	28 Butts,Guts, and More 7:15-8pm Katie-W  Power Sculpt 5-5:45pm Caitlin-R	29	30 Boot Camp 8:30-9:15am Katie-P

W=Wanamingo

K=Kenyon

R=Rochester

P=Pine Island

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

# SUCCESS STORY

Laurie is a 47-year-old mother of 10 children and grandmother to 3 grandchildren. Upon signing up for the 8-week New Year's Resolution/Biggest Loser Contest of Kenyon and Wanamingo, Laurie had set specific goals for herself. "Two of the reasons I have for losing the weight now are my son's wedding the beginning of April and my husband's upcoming deployment with the National Guard," she said.

With 6 kids left at home, Laurie had a full time job home schooling and preparing for a wedding and her husband's deployment. "I entered the competition mainly for the accountability," she said. With some guidance and motivation from trainer Caitlin, Laurie was determined to succeed with her weight loss. "She gave good advice on diet and exercise to meet my goals," Laurie stated and then later added, "She was encouraging and was able to push me farther than I would have thought possible."



Already down 10 pounds, Laurie hopes to lose 30 pounds more. Her energy level is higher than ever and she says she now looks forward to working out.

## CONGRATULATIONS, LAURIE!

### 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 just opened up this year a Personal Training with KT Studio!! We also train 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 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.

***No problems, only solutions!***