



Personal Training with KT

"No Problems, Only Solutions"

CHOCOLATE MILK

Desk Snacks

Dried Fruits

Raisins, apricots, figs, and dates aren't quite as filling as a regular fruit, but they last for ages and contain as many nutrients.

Tuna Salad in a Pouch

The StarKist Lunch To-Go, at 210 calories, has 3 ounces of tuna, mayo, relish, and six crackers. No refrigeration needed.

Nuts

Great, filling snack. At 160 calories per ounce, walnuts are high in omega-3 fatty acids that protect against heart disease.

Fruit Cookies

Two cookies have about 110 calories and 2.5 grams of fat. Low-fat varieties contain 90 calories.

Animal Cookies

Sixteen of the critters contain only 120 calories.

Single-Serving Soups

Look for 8-ounce servings that don't exceed 480 milligrams of sodium. A nutritious cup of soup can be 100 to 200 calories.

Unusual subject for a fitness-oriented newsletter, I know, but you'll love what this flavored dairy can do for you! According to a study by Indiana University, chocolate milk boosts muscle recovery, hydration, and building after workouts better than commercial energy drinks. So, enjoy a glass after your return from the gym. Surprisingly, your muscles may thirst for it!

I've got more exciting things to share, starting with my fall class schedule, which includes a return to my favorite dance studio, Rachel D's!! **Starting this September, I'll be holding discounted hour-long muscle tone classes — 8 sessions for \$50 — at Rachel D's in Pine Island.**

They include:

A muscle tone class Saturdays at 8 a.m. starting Sept. 19.

A muscle tone class Thursdays at 3:45 p.m. starting Sept. 10,

A new kickboxing class Tuesdays at 5:30 a.m. starting Sept. 8

I'm also offering a variety of other new classes, which I've listed on the second page of the newsletter. A new favorite — boot camp! There are so many options, I can't imagine a good excuse not to join!

You'll also find some great "desk snacks" to your left, the best love handle "hitmen" exercises on the back, and yet another amazing success story, this month featuring Lisa Quevado!

Happy training!

SUCCESS!!



LISA BEFORE

NAME: Lisa Quevado

AGE: 44

OCCUPATION: Registered nurse

WEIGHT LOSS: 15 pounds

It wasn't until Lisa Quevado had reached her 40s that she began to see her weight as a problem. With four adolescent kids and a part-time job, Lisa had inherent barriers to a fitness-friendly routine, and was further hindered by the aftermath of a blood clot in her left leg years before. "Even just using a treadmill would cause me pain for a few days," she said. But ready for a lifestyle change, she contacted Katie to guide her through exercise that wouldn't aggravate her leg, though still provide weight loss and other benefits. She also desired the encouragement and programs Katie offered. "Since working with Katie, I have been watching my caloric intake more closely, as well as starting an exercise routine that hasn't caused any pain in my leg," she said. "I have more energy, and my leg that was causing me problems has actually improved tremendously....I want to thank Katie for her expertise and assisting me to begin this new chapter of my life!"



LISA AFTER

EXERCISE OF THE MONTH
LOVE HANDLE HITMEN

Ruthless, insatiable — Done in combination with regular workouts, these exercises WILL rid you of abdominal baggage!

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LEG FLUTTERS



1. Lie facedown with head tilted slightly upward.
2. Keep arms straight out at sides or bend them with elbows resting beside you.
3. Lift feet and knees off the floor and flutter legs back and forth rapidly for 20 seconds.
4. Rest for 20 seconds and repeat.



STANDING TRUCK TWISTS

1. Stand with knees about one foot apart and knees relaxed.
2. Twist torso to the left while keeping hips and legs as stable as possible. With left twist, punch right arm across the front of your body.
3. Repeat motion on right side.
4. Complete 100 reps.

TWIST CRUNCHES



1. Lie on your back with knees bent.
2. Place hands behind head without locking fingers.
3. Twist to the right while bringing left elbow to right knee. Simultaneously extend left leg.
4. Repeat motion on left side.
5. Alternate sides for total of 25 reps.

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 Mazepa, 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 and "GEARED" BIKE CLASSES

Location	Day	Time	Dates	Cost
Pine Island City Park (Boot camp)	Mondays/Fridays	5:45 a.m.—6:30 a.m.	Aug. 31—Oct. 2	10 sessions \$75
Pine Island City Park (Geared bike)	Mondays/Fridays	6:30 a.m.—7 a.m.	Aug. 31—Oct. 2	Included with boot camp
Wanamingo City Park (Boot camp)	Wednesdays	5:45 a.m.—6:30 a.m.	Sept. 2—Sept. 30	5 sessions \$40

MUSCLE TONE CLASSES

Zumbro Valley Landscaping, Wanamingo	Thursdays	7:15 p.m.—8:15 p.m.	July 30—Sept. 17	8 sessions \$60
Plainview Community Center	Thursdays	6 a.m.—7 a.m.	Aug. 6—Sept. 24	8 sessions \$60
Rachel D's Dance Studio, Pine Island	Thursdays	3:45 p.m.—4:45 p.m.	Sept. 10—Oct. 29	8 sessions \$50
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 High School	Wednesdays	5:15 p.m.—6:15 p.m.	Sept. 30—Nov. 18	8 sessions \$60
Wanamingo Elementary School	Thursdays	7:15 p.m.—8:15 p.m.	Oct. 1—Nov. 19	8 sessions \$60

CARDIO KICKBOXING/MUSCLE TONE CLASSES

Rachel D's Dance Studio, Pine Island	Tuesdays	5:30 a.m.—6:30 a.m.	Sept. 8—Oct. 27	8 sessions \$50
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Look online at personaltrainingkt.com for class descriptions and more information!