

# PERSONAL TRAINING with KT

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## Fall into it!

### In this issue...

My new instructors, Joan Quam and Jacline Johansson, and massage therapist Kate Knutson!

September class and event schedule.

Recipe of the month and tips for dog walking.

Take note of my new email address!

Hi, everyone! Welcome to fall! It's been a wonderful summer for me, having become a gym owner in both Wanamingo and Kenyon. In the last two months, I've worked to further enhance their assets, including adding classes and new instructors Joan Quam and Jacline Johansson and massage therapist Kate Knutson. Zumba instructor Joan has

the amazing energy needed for that fun, Latino dance aerobics. Jacline, the yoga



instructor, has that holistic approach I really appreciate. And I'm very excited that Kate will be taking massage

therapy appointments come October! See the following pages for their bios and class days and times.

Also take note of upcoming September events — the weather is perfect for races! I've also created a gmail account, so please take note of the change.

Happy training!

Katie

## CRUNCHY PEAR AND CELERY SALAD

Mix in pears immediately before serving!

### Ingredients

- 4 stalks celery, trimmed and cut in half crosswise
- 2 tablespoons cider, pear, raspberry or other fruit vinegar
- 2 tablespoons honey
- 1/4 teaspoon salt
- 2 ripe pears, preferably red Bartlett or Anjou, diced
- 1 cup finely diced white Cheddar cheese
- 1/2 cup chopped pecans, toasted (see Tip)
- Freshly ground pepper, to taste
- 6 large leaves butterhead or other lettuce

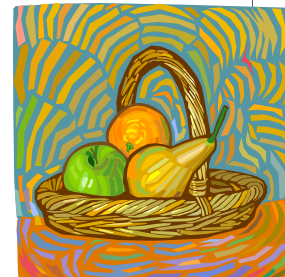
### Preparation

1. Soak celery in a bowl of ice water for 15 minutes. Drain and pat dry. Cut into 1/2-inch pieces.
2. Whisk vinegar, honey and salt in a large bowl until blended. Add pears; gently stir to coat. Add the celery, cheese and pecans; stir to combine. Season with pepper. Divide the lettuce leaves among 6 plates and top with a portion of salad. Serve at room temperature or chilled.

Tip: To toast chopped pecans, cook in a small dry skillet over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 4 minutes.

### Nutrition

Per serving: 221 calories; 14 g fat; 20 mg cholesterol; 20 g carbohydrates; 6 g protein; 4 g fiber; 240 mg sodium.



# New instructors

## Joan Quam

You could call her a party professional as exercise routines go. “I love teaching Zumbo,” says Joan Quam, who is trained and licensed in Zumba Basics, Zumba Gold, and Zumatomic. “The reason is simple, every class feels like a party!”

A combination of Latin and other dance styles, such Salsa, Merengue, belly dancing and more, Zumba guarantees a solid — and entertaining — aerobic work out. “Zumba dance steps are broken down so you will be able to catch on quickly and just have fun!” Joan promises.



## Jacline Johansson

Mother of two and Zumbrota resident Jacline Johansson has a long history with the art of yoga. “I have been practicing yoga on and off for as long as I can remember, in its many different forms.”

The passion became professional when she completed a 200-hour yoga teacher training from Corepower ([www.corepower.com](http://www.corepower.com)) to become a certified yoga teacher (CYT).

Also a certified Raw Chef, Joan is committed to healthy living and fitness, working as a wellness professional at the Good Food Store and Coop in Rochester, Minn., since 2005. “I have been very interested in natural healing and fitness since childhood.”

For her yoga students, Joan says her intention is “to expose you to yoga and hopefully to a new step into quality of life.”



# Massage therapist

## Kate Knutson

Specializing in deep tissue and sports message, certified massage therapist Kate Knutson graduating from Aveda Institute Minneapolis in June of 2008. She has held a private practice from her home for the past two years, but is very excited to join us here at Kenyon Workout 24/7 this October.

A resident of Kenyon, Kate lives with her husband Matt and works as a paraprofessional for the Goodhue County Education District. Beyond massages, one of Kate’s favorite things is walking her dog Lucy around town. You may have seen them around a time or two!



# SEPTEMBER FITNESS CLASSES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> 1- Rochester Boot Camp 5pm-5:45pm	<b>2</b> <b>No class</b>	<b>3</b>	<b>4</b>
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b> 2- Rochester Boot Camp 5pm-5:45pm  1-Kenyon Power Yoga (Jacline) 6:30pm-7:30pm	<b>9</b> 1-Kenyon Cardio Circuit 6pm-6:45pm  3-Wanamingo Muscle Tone 7:15pm-8pm	<b>10</b>	<b>11</b> 1-Pine Island Boot Camp 8:30am-9:15am
<b>12</b>	<b>13</b> 1-Kenyon Zumba (Joan) 6:15pm-7pm	<b>14</b>	<b>15</b> 3-Rochester Boot Camp 5pm-5:45pm  2-Kenyon Power Yoga (Jacline) 6:30pm-7:30pm	<b>16</b> 2-Kenyon Cardio Circuit 6pm-6:45pm  1-Wanamingo Muscle tone 7:15pm-8pm	<b>17</b>	<b>18</b> 2-Pine Island Boot Camp 8:30am-9:15am
<b>19</b> <b>10-mile Breast Cancer Walk (Rochester)</b>	<b>20</b> 2-Kenyon Zumba (Joan) 6:15pm-7pm	<b>21</b>	<b>22</b> 4-Rochester Boot Camp 6pm-6:45pm LAST  3-Kenyon Power Yoga (Jacline) 6:30pm-7:30pm	<b>23</b> 3-Kenyon Cardio Circuit 6pm-6:45pm  2-Wanamingo Muscle Tone 7:15pm-8pm	<b>24</b>	<b>25</b> 3-Pine Island Boot Camp 8:30am-9:15am
<b>26</b> <b>Iron Girl Duathlon (Twin Cities)</b>	<b>27</b> 3-Kenyon Zumba (Joan) 6:15pm-7pm	<b>28</b>	<b>29</b> 4-Kenyon Power Yoga (Jacline) 6:30pm-7:30pm LAST	<b>30</b> 4-Kenyon Cardio Circuit 6pm-6:45pm LAST  3-Wanamingo Muscle Tone 7:15pm-8pm	<b>1</b> <b>Massage therapist available at Kenyon Workout 24/7</b>	<b>2</b> 4-Pine Island Boot Camp 8:30am-9:15am

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

# 5 Circuit Training Ideas for Your Next Dog Walk

Taking your dog for a walk can either be a bonding experience, or a chore. Next time, switch up your walking routine and bring Fido along. Follow these five tips to make your next outing a fun and great workout for you and your pet.

**Instead of just walking around the block**--add some sprints into the mix. Walk for 500 yards, then sprint for 200, and then back to walking. Another option is to add hills--you can power walk up and then run back down. This will not only get your heart rate up, but it will keep Fido from sniffing every blade of grass along the way.

**Stop along your walk and do some exercises.** If you see a picnic table, try a few push-ups on the bench. Or, on a side of a building you can work out your legs by doing wall squats for 30 seconds. Who said dog walks had to be boring!

**Add in obedience training along your route.** Instead of taking Fido on a mindless venture--make him/her stop and sit or lay down periodically. Don't forget the heel command--that is important as well. Of course, it is ok to let Fido sniff around, he/she is a dog, but making Fido "think" during exercise will tire them out faster than just the exercise alone.

**Make sure you are paying attention to Fido**--this is supposed to be your bonding time. If you are talking on your cell phone, you are not connecting together. Always remember to clean up after your dog.

**At the end of your walk,** you can incorporate stretching and yoga with your furry friend. Your dog reads your energy, so at the end of the day try to do your stretches and be calm--your dog will follow suit.

Source: <http://www.active.com/walking/Articles/circuit-training-ideas-on-your-next-dog-walk.htm>



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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 a nutrition professional, having worked as a dietetic technician at the Mayo Clinic for nine years.

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