

# PERSONAL TRAINING with KT

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- September & October class and event schedule
- Yoga: More than Pretzels by Lisa Schrader
- New Trainer Katy Hetland

Happy training!  
Katie



## You Need Detox

### Benefits of Ionic Cleanse

Removing unwanted toxins

Balancing the body's pH and electrical energy

Improving organ function

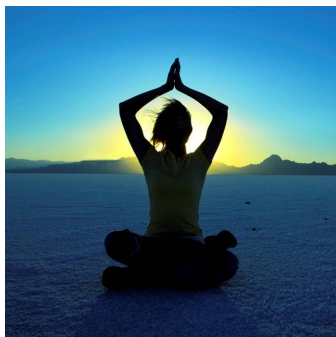
Improving muscle strength

Improving range of motion

Neutralizing free radicals

Decreasing pain

Increasing energy levels



### How Does It Work?

The Ionic Cleanse treatment works by osmosis. The array (ionizer), which is placed in the foot bath releases ions into the water then through your feet

into your body. Your cells are energized through the ions and then able to release toxins, oils, fats, acids, heavy metals, cellular debris, and waste that have accumulated over your lifetime.

As your body is detoxified, cleansed, balanced, and able to function at its fullest capacity once again, you will experience a sense of relief throughout the body, increased energy, and improved mental clarity.

**Schedule an Ionic Detox With your next massage and receive 50% off! That's a savings of \$20! Discount available through September.**

# Exercise of the Month

## Mountain Climber

### A:

Assume a pushup position with your arms completely straight. Your body should form a straight line from your head to your ankles. Brace your core.

**B:** Lift your right foot off the floor and slowly raise your knee as close to your chest as you can.

\*Touch the floor with your right foot.

\*Return to the starting position.

\*Repeat with your left leg. Alternate back and forth for 30 seconds.

\*Don't change your lower-back posture as you lift your knee.

**Extra challenge:** do this move with your hands on a BOSU ball to further engage your core.



# Recipe of the Month

## Roasted Zucchini & Pesto

### Ingredients

- 2 pounds zucchini, (about 4 medium), trimmed and cut into 1-inch chunks
- 1 tablespoon extra-virgin olive oil
- 2 tablespoons prepared pesto
- Salt to taste
- Freshly ground pepper to taste

1. Place a baking sheet on the middle rack of the oven. 2.
2. Preheat oven to 500°F.

Toss zucchini with oil in a large bowl. Spread the zucchini on the preheated baking sheet in a single

layer. Roast until beginning to brown, 5 to 7 minutes. Turn the zucchini and continue roasting until just tender, 7 to 9 minutes more. Return the zucchini to the bowl. Add pesto, salt and pepper; toss to coat.



### Per serving (1 cup):

107 calories; 7 g fat ( 2 g sat , 5 g mono ); 3 mg cholesterol; 8 g carbohydrates; 4 g protein; 3 g fiber; 119 mg sodium; 617 mg potassium.

# Yoga: More than Pretzels

Are you curious about what yoga is? Has anyone told you that you should try yoga? Are you wondering what all the hype is about? Does yoga frighten you, but not enough to scare you away completely?

While our Western culture often thinks of yoga as a physical practice, yoga also encompasses a moral code, observances, breathing exercises, concentration and meditation. People can choose the aspects of yoga that appeal to them, and explore the others at a pace that feels right to them.

People that practice yoga may find that they feel more relaxed, are able to calm their mind more easily, are more flexible in body and thought, and feel a stronger connection to others. Some evidence suggests that those who experience migraines, high blood pressure, anxiety, depression, arthritis, addictions and some types of body pain may find some relief from a regular yoga practice.



If you're worried that you won't be "good enough" to do yoga, you can set those worries aside! Yoga has been successfully practiced by old, young, thin, not-thin, flexible, inflexible, injured, chronically ill, and even by paraplegics. If you have any health problems,

check with your health care provider before beginning any physical practice, and be sure to let your yoga teacher know before class. Anyone can do yoga. It may look different in each of us, but it's all good!

For all people interested in personal yoga sessions, a free initial session will be set up to determine your desired goals and answer any questions you may have.

**Lisa Schrader will be offering limited personal yoga sessions to clients of Personal Training with KT.** Look for classes to try it out, and contact Lisa at: [ls.schrader@gmail.com](mailto:ls.schrader@gmail.com) or 507-990-4771 with questions or to set up an appointment.

## New Trainer!



I graduated from St. Cloud State University and I have been working in the fitness industry for the past five years. Fitness has always been a big part of my life and when I became a

trainer my goal was to inspire people to

live a healthy and positive lifestyle. I know that life can be busy and stressful and I want to show people what a positive impact exercise can be for you mentally and physically. When I'm not working I spend most of my time with my husband and two little boys. They keep me VERY active!!!!



# September Fitness Classes

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<b>1</b> Muscle Tone 7:15-8pm Katie-W  Muscle Tone 6-6:45pm Caitlin-R	<b>2</b>	<b>3</b>
<b>4</b>	<b>5</b>	<b>6</b> Muscle Tone 6-6:45pm Katie-K	<b>7</b>	<b>8</b> Muscle Tone 7:15-8pm Katie-W  Muscle Tone 6-6:45pm Caitlin-R	<b>9</b>	<b>10</b> Zumba 9:30-10:15am Caitlin-R
<b>11</b>	<b>12</b>	<b>13</b> Muscle Tone 6-6:45pm Katie-K	<b>14</b>	<b>15</b> Muscle Tone 7:15-8pm Katie-W  Muscle Tone 6-6:45pm Caitlin-R	<b>16</b>	<b>17</b> Strength 9:30-10:15am Katie-R
<b>18</b>	<b>19</b>	<b>20</b> Muscle Tone 6-6:45pm Katie-K	<b>21</b>	<b>22</b> Muscle Tone 7:15-8pm Katie-W  Muscle Tone 6-6:45pm Caitlin-R	<b>23</b>	<b>24</b> Yoga 9:30-10:15am Lisa-R
<b>25</b>	<b>26</b>	<b>27</b> Muscle Tone 6-6:45pm Katie-K	<b>28</b>	<b>29</b> Muscle Tone 7:15-8pm Katie-W  3-2-1 GO! 6-6:45pm Caitlin-R	<b>30</b>	

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

W=Wanamingo

K=Kenyon

R=Rochester

P=Pine Island

# October Fitness Classes

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<b>1</b> Cardio Fit 9:30-10:15am Katy-R
<b>2</b>	<b>3</b>	<b>4</b> 3-2-1 GO! 6-6:45 Katie-K  Zumba 7:30-8:15pm Caitlin-K	<b>5</b>	<b>6</b> 3-2-1 GO! 7:15-8pm Katie-W  3-2-1 GO! 6-6:45pm Caitlin-R	<b>7</b> 30 Minute Stretching 8:30-9am Caitlin-R	<b>8</b> Muscle Tone 8:30-9:15am Katie-R
<b>9</b>	<b>10</b>	<b>11</b> 3-2-1 GO! 6-6:45 Katie-K  Zumba 7:30-8:15pm Caitlin-K	<b>12</b>	<b>13</b> 3-2-1 GO! 7:15-8pm Katie-W  3-2-1 GO! 6-6:45pm Caitlin-R	<b>14</b> 30 Minute Stretching 8:30-9am Caitlin-R	<b>15</b> Muscle Tone 8:30-9:15am Katie-R
<b>16</b>	<b>17</b>	<b>18</b> 3-2-1 GO! 6-6:45 Katie-K  Zumba 7:30-8:15pm Caitlin-K	<b>19</b>	<b>20</b> 3-2-1 GO! 7:15-8pm Katie-W  3-2-1 GO! 6-6:45pm Caitlin-R	<b>21</b> 30 Minute Stretching 8:30-9am Caitlin-R	<b>22</b> Muscle Tone 8:30-9:15am Katie-R
<b>23</b>	<b>24</b>	<b>25</b> 3-2-1 GO! 6-6:45 Katie-K  Zumba 7:30-8:15pm Caitlin-K	<b>26</b>	<b>27</b> 3-2-1 GO! 7:15-8pm Katie-W  3-2-1 GO! 6-6:45pm Caitlin-R	<b>28</b> 30 Minute Stretching 8:30-9am Caitlin-R	<b>29</b> Muscle Tone 8:30-9:15am Katie-R
<b>30</b>	<b>31</b>					

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# Success Story

Forty-year-old Lorri Brunette was contending with major life changes when she hired Katie as her personal trainer. Having recently gone through a break-up, Lorri was also a new mother celebrating her 40th birthday, and at 171 pounds hadn't shed her baby weight. "I was feeling kind of down," she said. "I had had personal training before and knew the benefits of having someone there to keep you motivated versus trying to go it alone. And I needed help!"

Sometimes the most trialing of times bring triumph. Focusing on weight loss and one outfit's perfect fit, Lorri committed to a nutrition and fitness plan that eventually brought her down more than 25 pounds. And even more, she said, gave her a style of living she knew was better for her and her son.

"The fact that I'm 40 and have a new baby has really motivated me to think about my long-term health," she said. "I'm not just thinking about weight loss, but also eating healthy and the stress relief and mood-elevating benefits of working out."

Still training with Katie to track progress and mix-up her work-out routine, Lorri says she's "firmly committed" to keeping her shape firm, her energy high, and her lifestyle healthy.

"Losing weight and being healthy is hard," she said. "It takes commitment and for most of us, a lifestyle change. There's no magic pill, but there is help! Thanks so much, Katie, for being part of me getting my life back on track."

## Congratulations Lori!

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**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.

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