

# July Fitness Diary

**Steve Ritz, Exercise Physiologist, founded Fitness First in 1998 located on 115 East 2nd St. in Chaska, (952) 448-4322. His second location, conveniently located at 23505 Smithtown Rd./Cty. Rd. 19, Ste. 150, in Excelsior, opened in 2008, (952) 401-4322. Steve has developed a prescription for exercise called the SEE-FIT training system. The SEE-FIT system encompasses workouts that are SAFE, EFFICIENT and EFFECTIVE -- all in just one or two intense 30-60 minute appointments a week. Each month we will be profiling the personal experiences of actual Fitness First clients.**

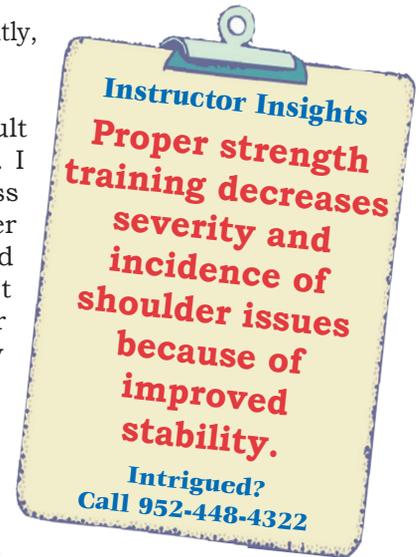


*Jeff Pflaum using a Hammer Strength machine to strengthen his shoulder and chest regions with instruction and supervision from Steve Ritz.*

Jeff Pflaum, 53, had always exercised independently, however lately he felt he needed a change.

“Strength training on my own was very difficult and I was not getting the results I wanted. I began thinking I might have more success with a highly qualified professional. After listening to Steve on WCCO radio I decided to take action. I contacted Fitness First November 2012 to make an appointment for a consultation. My goals were to reduce body fat and improve general health and wellness. I understand this process takes patience and persistence. As I age, strength training becomes very important in developing muscle tissue to boost metabolism. Working as an attorney combines stress with

physical inactivity making it very important for me to locate avenues outside of work to reduce stress and increase activity. Strength training appointments at Fitness First have been a very efficient and effective option. I have managed stress and improved energy as a result of my appointments. My wife and I have two college age daughters and a son motivating me to improve my fitness so I can continue to stay active with them. We enjoy outdoor activities such as biking, hiking, golfing and other travel related activities. I know I need to continue to prioritize fitness in order to enjoy these family activities for many years. I also would like to mention how Fitness First has helped my recovery from April 2012 shoulder surgery. It was more challenging to recover from surgery than I anticipated. The Fitness First approach has been very effective with my recovery. The Fitness First staff is very professional, knowledgeable and work to establish a connection ensuring they understand your health needs. The atmosphere at Fitness First is comfortable and friendly which is very appealing to me. I plan to continue strength training at Fitness First as a way of prioritizing my health.”



*Steve instructing and assisting Jeff strengthen his lower body on a Nautilus leg press.*



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