



Fitness First Founder,  
Steve Ritz

## January 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.



*Chapin Hall performing a back activity with instruction and supervision from Fitness Specialist Nick McCoy.*

Chapin Hall, 57, an Eden Prairie resident decided as he ages he did not want to be “the old guy who could not keep pace with others.”

“My wife and I love to travel and hiking, backpacking as well as mountain climbing are typically a significant part of any trip we take. However, years ago I was injured in a serious car accident which knocked me off track. I injured a disc in my low back, but I decided against surgery. I chose traditional physical therapy which provided some help but prolonged my recovery. Eventually I realized I needed to strengthen my back muscles to completely recover. I have a connection with Fitness First employee Nick McCoy as a result of a membership we both have in a networking group. In November 2015 I decided to set up a consultation with Nick to learn more about Fitness First. I decided to purchase a package of strength training appointments and have been making weekly appointments ever since. I have been very impressed with the highly educated and experienced team of experts at Fitness

First. The customized exercise prescription targeting specific muscles makes me very comfortable I am strengthening my back without any risk of further damage.”

Chapin is a trial attorney, which while stressful, is a profession he finds particularly rewarding.

“I really take my client’s issues to heart. Finding a balance between my work and home schedule is very important to me. The strength training appointments at Fitness First are a significant part to keep my life in balance. Having appointments gives me a sense of accomplishment and accountability. Also being able to strength train less frequently while getting more effective results is very efficient and fits into my schedule perfectly. Prior to my consultation with Nick I researched other fitness options and discovered there are definitely some pretenders in the field. As I have been working with Fitness First founder Steve Ritz and his staff I have been impressed with their high level of excellence, focus and my personal results. I personally sense all the Fitness First instructors are completely invested with their clients which resonates with me. I plan to be active for many years, and Fitness First will help me achieve that.”

**Stump The Staff**  
*Your questions answered*

**Q: How does lack of sleep impact my workout?**

**A: Effects of sleep deprivation and exercise**

- Decreased energy uptake
- Decreased endurance
- Increased rate of perceived exertion
- Increase in stress hormones
- Impaired muscle recovery



*Nick assisting Chapin strengthen his low back on a Cybex 45 degree back extension machine.*



(952) 448-4322 • 115 E. 2nd St., Chaska  
(952) 401-4322 • 23505 Smithtown Rd./Cty. Rd. 19, Ste. 150, Excelsior  
[www.fitnessfirstmn.com](http://www.fitnessfirstmn.com)