

## Fitness Diary!

**Steve Ritz, exercise physiologist, founded Fitness First in 1998 located on East 2nd St. in Chaska. His second location, conveniently located at 23505 County Rd. 19, Suite 150 in Excelsior, opened in 2008. 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 two intense 45-60 minute sessions a week. Each month we will be profiling the personal experiences of actual Fitness First clients.**

Connie doesn't recall what brought her to Fitness First, but she does know that she will never stop training at Fitness First.

"I was determined to feel better, lose weight and improve my overall self esteem," said Connie. "My adorable 6 year-old granddaughter, Isabelle, motivated me more than anything. I enjoy her so much and want to stay healthy so I can continue to spend quality time with her."

Connie started training during March 2009 and feels that it is the best decision she has ever made.

"I really love working with the knowledgeable staff at Fitness First," Connie said. "I visited many clubs and fitness centers when I was making my decision on what type of facility I was going to use. The facilities I visited had too many people or were too impersonal for me. At Fitness First I get one on one training with all the personal attention and no intimidation. At first it seems really expensive, but you know exactly what you are paying for and are committed to an appointment which leads to consistent results. In fact, you ultimately can save money by going to Fitness First because you improve your overall health and well being and in turn save on medical care. I know this to be true because I am employed as a human resource manager."

Since Connie started strength training at Fitness First, twice a week for 45 minutes each appointment; she feels stronger, has more energy and her stress level has decreased.



*Above: Connie being assisted by Fitness Specialist Greg Gerding on a Nautilus abdominal machine.*

*Right: Connie performing a manual biceps activity with Fitness Specialist Greg Gerding.*



"My entire outlook has improved as a result of training at Fitness First," Connie said. "I suffered from knee trouble and had physical therapy for a brief time but it didn't help. Since I started strength training at Fitness First, I have not experienced any issues with

either of my knees! In fact, since I started training (March, 2009), I have completed two 5k runs. I have not done anything like that in over 23 years!"

Along with all the health benefits Connie has experienced, she really appreciates the flexible scheduling Fitness First offers. "I travel for my job and the staff at Fitness First is so great about scheduling my appointments in advance around my work schedule. They cater to me and that is what I really needed in order for this to fit into my life. Going to Fitness First these past 7

months is more than a routine for me, it has become my lifestyle. I have lost weight, feel more energized and I look forward to accessing my new physical stamina when I tackle the cross country trails this winter. I look forward to getting out my snow shoes which can be a very rigorous activity, but I don't fear that activity or growing older either!"



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