

# March 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.**



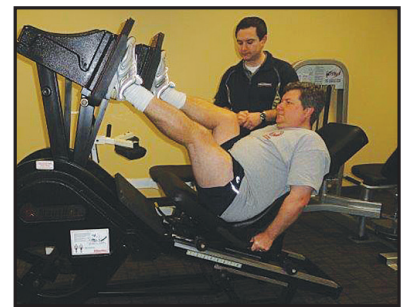
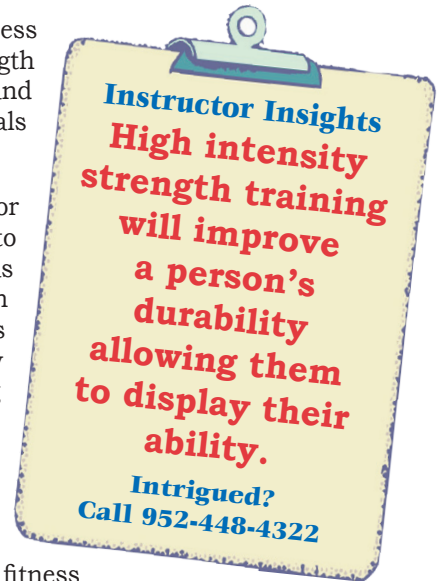
*Tony assisting Jeff strengthen his chest and shoulders.*

Jeff Cameron, 43, received a referral to Fitness First from his wife, Linda. She has been strength training at Fitness First since February 2013 and was confident Jeff would be able to attain his goals at Fitness First.

“I realized I needed to improve my energy for family and work related activities. I also hoped to improve my fitness to enjoy my hobbies such as hockey and sailing. I wanted increased strength and endurance to handle the many challenges while playing hockey, as well as improved ability to work the spinnaker for long stretches during a sailing regatta. I play hockey 2-3 times a week and have improved my level of play as a result of my appointments at Fitness First. I am much

stronger so I do not get knocked around as easily, decreased the number of nagging injuries and have improved agility and endurance. My work life as an attorney is very sedentary with most of my day spent sitting behind a desk. I had such a low fitness level as a result of the sitting and poor exercise habits. Basically, I was a “blob” which caused decreased energy with family and at work as well as poor performance of my activities. Constant movement, balance and strength are needed to enjoy these activities fully.

“Since July 2013 I have been making strength training appointments at Fitness First and feel so much better. Initially I wanted to strength train three times per week to accelerate my improvement. However, the approach used at Fitness First only requires one to two intense appointments per week, which is very appealing with my busy schedule. The staff at Fitness First makes sure you do not strength train more frequently than your body needs or can handle. I also really value the flexible scheduling at Fitness First. I usually make appointments at 6:15am and return home before my 12 and 10 year old daughters leave for school. The entire experience at Fitness First has been great. I have come to realize the approach at Fitness First is designed around long term solutions which I plan to utilize for many years.”



*Jeff Cameron using a Nautilus leg press with instruction and supervision from Fitness Specialist Tony Austad.*



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