

# May 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 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.



Joshua performing an activity to strengthen his abdominal muscles with instruction from Fitness Specialist Nick McCoy.

Joshua Menden, a 24 year old accountant, is on a soul searching journey. "I was going through a challenging time where I was trying to find out who I was and where I wanted to go with my life. Personal experiences made me question my beliefs and myself."

Joshua realized he needed to improve his physical and mental health in order to reestablish his motivation and self confidence.

"Physical activity had always been a very important aspect of my life and something I had neglected recently. Strength training at Fitness First has helped me regain that piece. My goals when starting at Fitness First were simple. I wanted to gain muscle, decrease body fat and reclaim my body. I have experienced success in these areas, improving my confidence, helping me overcome life challenges."

This is Joshua's third experience at Fitness First. "I strength trained at Fitness First during 9th and 10th grade and then transitioned to my high school lifting program. My second experience at Fitness First was while I was a college student. I then stopped exercising for a time, resuming my strength training at Fitness First in June 2009. As time moves forward, I have come to understand how important it is to my overall health. During tax season, even though I sit at my desk for hours, the demands can be very intense. Since I have a strong desire to keep moving, this sedentary lifestyle can be very challenging for me. My strength training appointments at Fitness First help me handle this challenge. The training helps me manage stress during these intense times."



Fitness Specialist Nick McCoy assisting Joshua use a Hammer Strength pullover machine.

"In addition to these benefits I am a significantly better golfer and softball player since resuming my strength training appointments at Fitness First. I also coach hockey and have seen my physical abilities and personal relationship skills improve to a level where I experience greater success and enjoyment."

**Instructor Insights**  
A person **must** overload a muscle progressively with additional weight or reps **every** workout to strengthen the muscle.  
**Intrigued?**  
**Call 952-448-4322**



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[www.fitnessfirstmn.com](http://www.fitnessfirstmn.com)