

## Fitness Diary!

*Steve Ritz, exercise physiologist, founder of Fitness First, 115 E. 2nd St., Chaska, 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.*

Katy Bloomquist Holub, a 42 year old attorney has been personal training at Fitness First for over 7 years. One of her health concerns is that she spends a great deal of time sitting not getting much physical activity throughout her day.

However, Katy does have a hobby that gives her plenty of exercise. "I ride horses," Katy said, and in that, exercise is not the issue. Trying to stay centered on a 1200 pound horse with a mind of her own requires strength and balance. As you can imagine, being tossed off a horse of any size, can cause pain and injuries. I really need to maintain my physical fitness or risk experiencing more injuries."



*Katy trains with Fitness First Owner, Steve Ritz*

This is where Fitness First really comes into play for Katy. "I came to Fitness First because I wanted to improve my overall health and fitness for riding and jumping horses. They have helped me do just that. I find that because of my training at Fitness First, I recover more efficiently after the falls and the injuries typically are not as severe." In fact, a prime example of this occurred in 1998 when she suffered a severe knee injury.

"I tore my ACL, MCL and had torn cartilage in several places," Katy said. "Fitness First helped me recover after the injury and go on to compete successfully in an international three day event. I am the kind of person that likes to be the best I can be. My training at Fitness First is no exception to this philosophy. Training at Fitness First can be intense and challenging. However, the benefits I feel after the workout and throughout my life are well worth the challenge."



*Katy looks forward to each session at Fitness First*

Katy said that she feels the trainers are exceptional and definitely her favorite part about going to Fitness First. "They are consistent and they make sure that you perform each movement correctly AND they ensure that with each exercise I am being physically challenged. Their professionalism and communication are nothing short of excellent. With each new routine, we communicate about my goals and plans. It is a never ending process that continues to raise new challenges and goals. The staff at Fitness First are true motivators for a healthier and happier life."



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