

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.

"I have read articles published in *Waconia Business* for months describing the Fitness First training program," Scott Johnson, 32, Victoria said. "I really wanted to get back to my college weight and I was tired of joining gyms, working out for 2 months and then quitting because I wasn't getting the results I wanted."



Scott trains with Fitness Specialist, Greg Viland

Scott found that when he tried to train on his own, he just wasn't able to be efficient and he wanted something more.

"I had tried using the personal trainers available through the various clubs," Scott said, "but using a trainer was always the exception rather than the norm. I wanted to flip that around. That is exactly what I found by coming to Fitness First."

Scott started training in January of 2006 and through using a "lower carb diet" and the SEE-FIT exercise program at Fitness First has lost an amazing 30 pounds.

"When I started I told the staff at Fitness First I was going to use my treadmill for an additional 30 minute workout three times a week," Scott laughed. "With a busy job and three kids at home who want to play, that really hasn't happened. But I am extremely pleased with

the results from my efforts at Fitness First. One of the main things I have learned over the past six months is that it's not about how MUCH weight you lift, it's about HOW you lift the weight. When I was in college, I just wanted to brag about the weight I could bench. Now, I understand that you have to make your workout fit with your body. Every person needs a different technique and protocol to get the maximum results."



Greg Viland, Fitness Specialist, training Scott Johnson

Scott has a real focus on time management in order to maximize his fitness program.

"Training at Fitness First means you never have to workout alone," Scott said. "You are always working as a team with your Fitness Specialist. When you get

to the point where you feel you can't do any more, they are there to push you just over the edge. It's during that short time, when you are working at your maximum, and get the most benefit to your workout. This allows you to have the shorter workout schedule and still see maximum results!"



(952) 448-4322 • www.fitness-first.org
115 E. 2nd St., Chaska