

April 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.



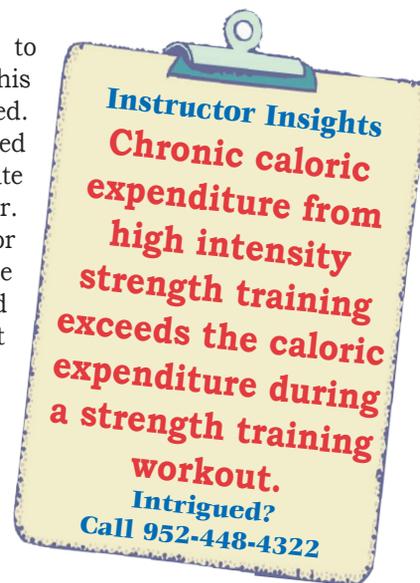
Ted Rogers using a Nautilus 10° chest fly with instruction and supervision from Fitness Specialist, Nick McCoy.

Ted Rogers, 64, was not actively searching to improve his health. However, in the back of his mind he recognized it needed to be prioritized. Steve Ritz, founder of Fitness First stopped during the fall of 2012 to Ted's office to generate awareness and support for a church fundraiser. During this visit Steve expressed concern for Ted's health and encouraged Ted to resume strength training at Fitness First. Ted had previously strength trained at Fitness First but stopped as a result of laziness.

"The conversation with Steve was the kick I needed to stop procrastinating and improve my health," Ted said.

In December 2012, Ted returned to Fitness First and has been making weekly strength training appointments ever since.

"My goals were simple," Ted said. "I wanted to gain strength and lower body fat. I have added muscle and my clothes fit looser in the short time I have trained at Fitness First. I own an insurance agency which requires me to sit most of the day in addition to creating a great deal of stress. Making weekly strength training appointments at Fitness First has helped me manage stress and increase energy. My office is on the second floor requiring me to walk a long steep flight of stairs two or three times daily. I used to struggle to breathe and experienced knee pain which would bother me throughout the day. I now feel great when I reach the top. I do not participate in any sports or physical activities other than strength training at Fitness First. I am a true 'couch potato'. Weekly appointments at Fitness First are the only physical activity I get. I feel very blessed I get that! It is amazing and truly changed my life. The staff is excellent and does a great job teaching me at every appointment. I have a new mental approach to life as a result of my appointments at Fitness First. I can not imagine my life without strength training appointments at Fitness First."



Nick instructing Ted on a Nautilus leg press.



(952) 448-4322 • 115 E. 2nd St., Chaska
(952) 401-4322 • 23505 Smithtown Rd./Cty. Rd. 19, Ste. 150, Excelsior
www.fitnessfirstmn.com