



# FITNESS DIARY

Steve Ritz, Exercise Physiologist, founded Fitness First in 1998 in Chaska. His second location in Excelsior opened in 2008. Steve earned a Bachelor of Arts degree from Gustavus Adolphus College and a Master of Arts degree majoring in Exercise Physiology from MN State University, Mankato.

Steve has researched and developed a prescription for exercise requiring only one or two intense 30-60 minute appointments a week.

**Read about the success of one of Fitness First's Clients...**



*Adam Chandler using a Hammer Strength pull down machine with instruction and supervision from Fitness Specialist Nick McCoy.*

Adam Chandler, 51, raised his three children in Waconia, has worked for the same company in Eden Prairie for decades and in 2015 went into what he calls a “mid-life pity party.” When he consulted a therapist he received a prescription he did not expect.

“I was told one of the best things I could do for myself would be to make strength training appointments at Fitness First. I was surprised, but willing to try it. I contacted Fitness First in December 2015 to make an appointment with founder Steve Ritz for a consultation and purchased a package of 20 strength training appointments.

Initially the strength training appointments were very challenging and I was sore afterwards. Halfway through my package I began experiencing major life changes. I am not referring to losing weight or changes in clothes size, although, I have experienced both. I am currently on the last hole of my second belt and will soon have to buy a third new belt. I also frequently climb stairs at work which would cause me to feel dizzy and out of breath at the top. Currently, I can chug up with no problem. I also experienced something more which is not measured physically. It is called happiness. I contacted Fitness First to improve my strength and get healthy, but I have accomplished so much more. I begin and end my work week with a Fitness First strength training appointment. Most Monday mornings when I get to work I cross paths with a person I do not call a friend. Typically this encounter has caused me to grit my teeth with a great deal of stress. I actually would anticipate feeling unhappy on Monday mornings. As I began to experience the benefits of strength training at Fitness First, I realized I would arrive at work happy and stay happy. I nod, say “good morning” and happily begin my day. There are no arguments or frustrations and I have a joyful feeling all week. Physical improvements are easier to measure, but the happiness quotient is much harder to deduce. However, I certainly value the positive feeling from strength training at Fitness First over taking an antidepressant any day!”

## Stump The Staff Your questions answered

**Q:** Why do my lungs burn during exercise?

**A:** Causes

- Fitness level/intensity - Mouth breathing during exercise will dry mucus membranes and may result in a burning sensation.
- Air temp/dry air - Cold/Dry aggravates the lungs and airway.
- Illness - Conditions originating in the lungs (bronchitis, pneumonia).
- Environmental - Exercising in areas with heavy irritants or pollutants.
- Chronic Respiratory Disease - Chronic diseases, such as exercise-induced asthma constrict the airway.



*Fitness Specialist Nick McCoy assisting Adam strengthen his chest and shoulders on a Hammer Strength chest press machine.*

## BE STRONGER FOR YOUR JOURNEY

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