



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...

Amy Jasper likes a challenge and that is exactly what she found when she signed as a client at Fitness First.



Amy Jasper

"I came to Fitness First after reading the Diaries that appear monthly in this magazine," Amy said. "I was looking for a structured, proven training method that was close to my home and focused just on strength training. I was not interested in joining a larger fitness center or club. From the beginning of my training, I appreciated the experience behind each of the routines at Fitness First. I was confident that solid insight went into developing the programs and protocols."

Amy understands that strength training is a valuable part of overall health. "Strength training can help stabilize your joints, improve posture and increase bone density," said Amy. "It helps

improve a person's state of mind, is good for the heart and also soothes your soul. It is a great tool to help increase your metabolism since lean muscle tissue burns more calories even when the body is at rest."

Amy also appreciates the special bond that forms with the trainers at Fitness First. "Each trainer provides a slightly different twist to each session," Amy said. "However, regardless of which trainer you are working with they are all zealots about following the set routine and helping you perform each exercise correctly. I like the fact that the exercises are challenging and they make you feel depleted, yet successful. The process to learn and understand the necessary components of efficient strength training has been very interesting. I now understand that working to momentary muscle failure is a key component to the success of the program.

With any fitness program, one of the key reasons people fail may be lack of change. Boredom is cited as one of the top excuses for stopping a fitness program. "The fact that the routines at Fitness First are changed after the completion of 20 sessions is an important aspect for me," Amy said. "It is easy to get bored with a routine and this has been a hindrance to me in the past. The issue of boredom has stopped fitness programs for me. At Fitness First I am consistently refreshed with change."



Amy Jasper

Amy found that her training has impacted many different areas of her life. "I have so much more energy and stamina now," she said. "I sleep more soundly at night and I have seen an increase in tone and muscle definition. The results from Fitness First have tied into my professional life as well. More energy and more stamina in turn bring more productivity. Training can also be a great way to let go of any negativity that I used to bring home from work.

It is hard to hang on to being negative after completing a solid workout! I love the appointment only accountability provided with my sessions at Fitness First and I enjoy the personal atmosphere and the positive encouragement I receive from all the members of the staff, including owner Steve Ritz. I truly enjoy and value all aspects of my experience at Fitness First."

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FITNESS FIRST

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