



FITNESS DIARY

Steve Ritz, Exercise Physiologist, founded Fitness First 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...



Tony assisting Betsy to strengthen her low back on a MedX exercise lumber machine.

Betsy Schneider, 53, a Mound resident, realizes the hardest step is typically the first step.

"I dislocated both of my shoulders in addition to being diagnosed with osteoporosis and all my doctor told me was 'do not fall,' Betsy said. "This advice was not acceptable because I choose to have a very active and adventurous lifestyle. My husband and I are in our 'decade of us' after raising two children. We are enjoying extensive travel and I have no desire to see exotic locales from the window of a bus. We like to experience destinations through hiking, biking, and doing what the locals do. This attitude motivated me to take control of my physical health."

Betsy had been reading the Fitness Diary in the *West Metro Business* publications for years.

"I really like reading the positive, uplifting stories about people my age using strength training to transform their bodies," Betsy explained. "I actually considered purchasing a package of strength training appointments at Fitness First for over 2 years. I finally took the first step by making a consultation appointment with founder Steve Ritz. I began strength training at Fitness First in August 2016 and saw immediate results. I am stronger, my posture has improved and I have more confidence in my body. Plus, my friends say my golf game has improved!"

Betsy did want to be clear there is no easy journey to have good health.

"After my first strength training appointment I was exhausted," Betsy said. "I stumbled to my car and may have even shed a tear or two. However, I am highly competitive and went back for my next appointment. I now have a better understanding exactly what the Fitness First strength training is accomplishing and have been receiving positive reinforcement for every gain I make. The fitness components all come together at Fitness First helping me reach my goals. Efficiency - I complete my strength training in two 45 minute appointments twice a week. Safety - I have complete confidence I will not experience any painful issues with my previously dislocated shoulders as I strength train at Fitness First. Positivity - I always receive encouragement which keeps me achieving. Education - I clearly understand what I am performing as well as why I am doing it. Effectiveness - The strength training I perform is not easy or simple but I get results. I believe people are great procrastinators, but I would strongly advise anyone to take the first step and trust the Fitness First process."

Stump The Staff Your questions answered

Q: What is a muscle cramp and what are the causes?

A: A muscle cramp is an involuntary contraction. A cramp produces a hard, painful, and bulging muscle.

Common theories/causes:

- Muscle fatigue
- Dehydration
- Pregnancy
- Heat

Treatments:

- Stretching the cramped muscle
- Staying hydrated
- Icing and massaging the cramped muscle



Betsy Schneider using a Hammer Strength external rotation machine with instruction and supervision from Fitness Specialist Tony Austad.

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FITNESS FIRST

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