



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...

Brenda Flood, 46, of Shakopee is constantly on the move! As the CEO of Concrete Mobility (a business she owns with her husband), her time is split between Minnesota and Texas and the 18 hour drive between the two locations running the business is a real killer.

"I used to dread the long drive to Texas because my body used to ache so much," Brenda said. "I had to stop and get out of the truck a number of times on the trip. Since I started training at Fitness First, the hours behind the wheel do not seem so bad. In fact, now I can frequently make the trip without my body aching."

In addition to the aches and pains as a result of the travel to Texas, Brenda has been dealing with the effects of a severely injured back due to a snowmobile accident in 2000. "Due to the accident, I became so inactive that arthritis settled into my back," Brenda said. "A doctor had recommended surgery, but the personal training at Fitness First has helped so much that I no longer experience back pain and I have decided not to have surgery."

Brenda, like many busy executives, did not prioritize taking time for herself. "I was always a meticulous person, keeping up with housework and yard work," Brenda said, "but as our business expanded, I found myself working 12-16 hours a day and everything started slipping. I was just focused on work and lost focus of all my other activities. I became very run down physically and was constantly stiff and sore."

Due to a conversation Brenda had with friend and current Fitness First client, Robyn Larson, Brenda has been able to put an end to this unhealthy cycle. "Robyn recommended, and encouraged me to contact Fitness First immediately," Brenda



Above: JJ working with Brenda on the bicep machine.

Right: Brenda performing pullups under the supervision of JJ.



laughed. "Now I am so glad she did! Of course, it hasn't been easy. Working back into shape has been a challenging process. In fact, in the beginning it was really tough! However, once you get past that initial phase, it is smoother sailing. When I am in Texas I find myself continuing with a fitness routine using a Total Gym and performing cardio exercises such as walking, but I really miss my sessions at Fitness First. I love my appointments with the trainers. No matter who I am working with I feel like I get excellent attention and owner Steve Ritz is always in touch with me and the staff to see if there are any adjustments that need to be made to my program."

"Everyone there is constantly upbeat and positive. There is laughter, good conversation and fun during my intense training appointments. Overall, I love how the Fitness First appointments fit into my life. With a busy work schedule and my stepdaughter having a busy hockey schedule, skipping a session could easily happen. However, the appointment only training at Fitness First in addition to the staff being very accommodating ensures that I train consistently. They are flexible working with my schedule. I really look forward to my two weekly appointments at Fitness First as an excellent stress reliever. In fact, my son doesn't even have to push me out the door to be sure I make my fitness appointments. It is so important, I do it all on my own!"

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