



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 Welch performing a neck strengthening activity with Fitness Specialist Tony Austad.

Brenda Welch, retired physical education teacher and Chanhassen resident, has dealt with numerous health problems in her life.

"I have broken my ankles, not once, not twice, but three times!" Brenda said. "I also suffer from vertigo. These health issues have led to decreased physical exercise and weight issues for me. When I first began strength training at Fitness First my ankle and vertigo issues made the appointments very challenging. However, Fitness Specialist Tony Austad and the other Fitness First staff members have helped me work

through the difficulties. I have noticed improvement in my walking as a result of the ankle activities, as well as gains in my upper body strength. Considerations regarding my vertigo have also been made. When a certain activity starts the room spinning, an adjustment is made for me."

Brenda and her husband Gary, are an active couple who want to improve their strength and flexibility as they enjoy their retirement. Both are avid skiers and maintain a condo in Cooper Mound, Colorado, which they visit every year.

"We realized we needed some professional instruction ensuring we safely and efficiently work toward our health goals," Brenda said. "Strength training at Fitness First has definitely reintroduced us to muscles we have seldomly used through inactivity. We also appreciate the flexible scheduling at Fitness First. We have three children, four grandchildren with another on the way, and enjoy spending a significant amount of time with them. The fact that we only have to strength train twice a week to improve fits nicely in our busy retirement schedule. I feel better mentally, and stronger physically as a result of my strength training appointments at Fitness First. My experience has been very positive."

Stump The Staff Your questions answered

Q: Explain the difference between a pull, a strain, and a sprain?

A: Pulls, strains and sprains are associated with trauma to tissue. Below are the definitions of strains and sprains:

- Strain - A stretch, tear or rip in the muscle or adjacent tissue such as the tendon. A tendon is a band of tissue that connects muscle to bone.
- Sprain - A stretch, tear, or rip in the stabilizing connective tissue. The connective tissue that is most often sprained is the ligament. Ligaments are strong, flexible fibers that hold bones together.

People associate a pull with muscle trauma. Therefore, a pulled muscle is the same as a strained muscle.



Fitness Specialist Tony Austad providing instruction and supervision to Brenda Welch as she uses a Med X shoulder machine.

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