



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...



Bruce Bjorklund performing a manual resistance neck activity with Fitness First Founder Steve Ritz.

Bruce Bjorklund, 53, a Chaska resident felt as though he lacked time and commitment to pursue an exercise program.

“I was 50 years old and I had never been able to adhere to an exercise routine. I had tried joining gyms and workout centers but good intentions never worked to get me there on a regular basis. I met Fitness First Founder, Steve Ritz, through mutual friends at a Gopher football game.

Steve explained the appointment only strength training services at Fitness First which prompted me to give it a try. I have a very busy schedule and was initially concerned about the time I would need to set aside for training appointments. However, I realized if I did not take time to prioritize my health I was going to have to make time to be sick. I was having trouble rolling over in bed and I needed to brace myself getting up from the couch. My metabolism was really slowing and I decided to begin strength training to stay ahead of the decline. I began strength training at Fitness First in December of 2014. I am not where I want to be physically, but that is because of my nutritional habits.”

Bruce is a Real Estate Broker so he spends much of his day sitting behind a desk.

“My fitness level has improved to the point where I want to be more active,” Bruce said. “In between my strength training appointments at Fitness First I am now using my at home treadmill as well. At my last annual physical the doctor said she was impressed with my progress. A point I would like to make is the services at Fitness First definitely require a financial commitment. Initially I had sticker shock. However, after purchasing and completing a package at Fitness First I realized how much the training was doing for me. Clients always have appointments with knowledgeable instructors who challenge your fitness. I sleep deeply, have more energy throughout the day and feel so much better about myself. I would highly recommend Fitness First as a way to stay healthy as you age.”

Stump The Staff Your questions answered

Q: How does exercise reduce my cholesterol?

A: Exercise reduces cholesterol by:

- Improving low density lipoproteins (LDL) removal

- Increasing size of proteins that remove cholesterol reducing chance of blockage

Lifestyle changes:

- Lower body fat
- Eat heart-healthy foods
- Quit smoking
- Alcohol in moderation



Steve instructing and supervising Bruce on a Hammer Strength pulldown machine.

BE STRONGER FOR YOUR JOURNEY

FITNESS FIRST

(952) 448-4322 · Chaska, MN
(952) 401-4322 · Excelsior, MN
www.fitnessfirstmn.com