



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...

"To make strength gains, people have to come out of their comfort zone." This quote by Fitness First founder, Steve Ritz, exemplifies the attitude of client Bruce Helmer, mid-40s, Chanhassen. "I've been a client at Fitness First for over four years. Even today, I don't get up and go 'yeah, today I'm going to go work out,' but when I'm done I feel great. I feel like I've met the biggest challenge of my day and that I can face anything."



Bruce works with Greg Viland, an intern from Gustavus Adolphus College at Fitness

Bruce's story is typical of people who have made the commitment to their own health at Fitness First. It may not be the most enjoyable part of their day, but the rewards are well worth any temporary discomfort.

"Before I started working out here," Bruce said, "I struggled with the flexibility to bend over and put on

my socks. It's a big thing for me to be able to jump out of bed and put on my shoes. I came here thinking I was in pretty good shape even though I was overweight. I had been a college athlete and was still comparatively active. However, I had never experienced a workout like this. In the beginning I would get done and go to shower and find I could barely lift my arms to shampoo my hair. But the main point is...it works. In my first

year working out at Fitness First, I lost a great deal of weight and gained muscle. Even more importantly, although my weight has remained the same for the past three years, my proportions keep changing. The scale hasn't moved, but people keep coming up to me and asking if I've lost weight. I keep getting firmer and healthier."



Chad Gveutzel, an intern from Gustavus Adolphus College training Bruce at Fitness First

Bruce has also found that his workouts have relieved him of pain in many ways. "I may get short term muscle pains from the work out," Bruce said, "but I used to suffer from long term back pain. I would get very severe fixations that would leave me virtually crippled and on pain pills for weeks. Those have

completely disappeared. Plus, I have gained a huge amount of flexibility and strength in my hands and arms. At family gatherings, I'm the one everyone calls on for help. I can conquer any jar out there! Anything worth attaining, a person has to pay a price. Contact Fitness First to assist you with the process."

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