



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...



Chapin Hall performing a back activity with instruction and supervision from Fitness Specialist Nick McCoy.

Chapin Hall, 57, an Eden Prairie resident decided as he ages he did not want to be “the old guy who could not keep pace with others.”

“My wife and I love to travel and hiking, backpacking as well as mountain climbing are typically a significant part of any trip we take. However, years ago I was injured in a serious car accident which knocked me off track. I injured a disc in my low back, but I decided against surgery. I chose traditional physical therapy which provided some help but prolonged my recovery. Eventually I realized I needed to strengthen my back muscles to completely recover. I have a connection with Fitness First employee Nick McCoy as a result of a membership we both have in a networking group. In November 2015 I decided to set up a consultation with Nick to learn more about Fitness First. I decided to purchase a package of strength training appointments and have been making weekly appointments ever since. I have been very impressed with the highly educated and experienced team of experts at Fitness

First. The customized exercise prescription targeting specific muscles makes me very comfortable I am strengthening my back without any risk of further damage.”

Chapin is a trial attorney, which while stressful, is a profession he finds particularly rewarding.

“I really take my client’s issues to heart. Finding a balance between my work and home schedule is very important to me. The strength training appointments at Fitness First are a significant part to keep my life in balance. Having appointments gives me a sense of accomplishment and accountability. Also being able to strength train less frequently while getting more effective results is very efficient and fits into my schedule perfectly. Prior to my consultation with Nick I researched other fitness options and discovered there are definitely some pretenders in the field. As I have been working with Fitness First founder Steve Ritz and his staff I have been impressed with their high level of excellence, focus and my personal results. I personally sense all the Fitness First instructors are completely invested with their clients which resonates with me. I plan to be active for many years, and Fitness First will help me achieve that.”

Stump The Staff
Your questions answered

Q: How does lack of sleep impact my workout?

A: Effects of sleep deprivation and exercise

- Decreased energy uptake
- Decreased endurance
- Increased rate of perceived exertion
- Increase in stress hormones
- Impaired muscle recovery



Nick assisting Chapin strengthen his low back on a Cybex 45 degree back extension machine.

BE STRONGER FOR YOUR JOURNEY

FITNESS FIRST

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