



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...

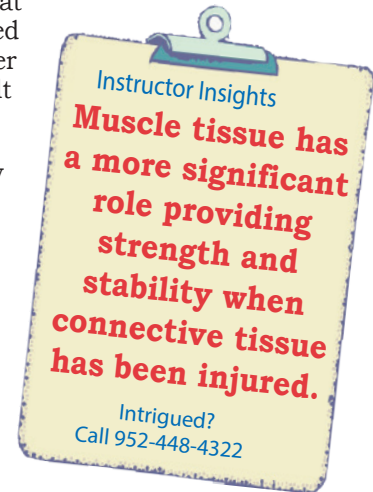


Fitness Specialist Nick McCoy using a Hammer Strength hamstring machine with Chris Nelson.

Chris Nelson, 44, is an Investment Consultant at the Chaska KleinBank which is closely located to Fitness First. Chris and Fitness First founder Steve Ritz have developed a friendship as a result of the proximity of their offices.

“July 5th, 2013 I suffered a very severe injury to my left hamstring tendons while waterskiing,” Chris said. “I also was experiencing extreme loss of leg strength which prompted me to contact Steve to evaluate my situation and formulate an exercise prescription avoiding the need for surgery. After meeting with Steve and two orthopedic surgeons, Steve formulated an injury rehabilitation and restrengthening prescription which we implemented immediately. My decision to rehabilitate and restrengthen at Fitness First

as opposed to surgery was definitely the correct choice. I have experienced a natural healing process and my strength has increased significantly. I anticipate I will have to be cautious while waterskiing but I can ride a bike, run, strength train, golf and participate in other outdoor activities such as bow hunting. I had an elk hunting trip in the mountains of Colorado scheduled for September 2013, two months after my injury. Physical preparation for the trip was very challenging. However, with the professional assistance from the team of experts at Fitness First my trip was attainable as well as very enjoyable. My hunting buddy provided a tribute to my rehabilitation by saying ‘He would hate to see me working the mountains with two good hamstrings!’ I also was interested in playing racquetball at the same level as before my injury. I played in March 2014, eight months after my injury. I was very pleased how I performed and surprised my opponent with my level of play after such a severe injury with a defeat. I am physically functioning at a high level allowing me to pursue hobbies in addition to house projects. My entire body feels good including my shoulders and neck which I injured while playing college football. I like the way I feel and look as a result of strength training at Fitness First. The results have been amazing! The only regret I have is not using the Fitness First approach to strength training before and during my college football days. When my wife Maren saw what the strength training at Fitness First did for me she decided to strength train with them as well. We are both very busy and being parents of two daughters, the flexible scheduling with efficient appointment only training works very well. The approach at Fitness First is a long term lifestyle decision providing safe, efficient, and highly effective results. I have a great feeling of well being from my strength training appointments at Fitness First.”



Chris Nelson using a Nautilus low back machine with instruction and supervision from Fitness Specialist Nick McCoy.

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