



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...

Back surgery can throw any exercise program off track. Dave Maenke, 49, Chanhassen knows this from first hand experience.



Dave trains with Fitness Specialist, Tara Seifert

"In 2000 I had a spinal cord condition that was causing numbness, and tingling in my legs. I ended up having surgery to relieve the problem, but it left me with nerve damage. I had always been a very active guy and stayed in shape by running. Now I found myself gaining weight and losing muscle tone-through inactivity," Dave said.

Dave knew he needed to do something to help himself, but he wasn't sure of the best route to take. Then one day he was listening to Bruce Helmer on WCCO radio.

"Bruce was talking about taking care of your health and he mentioned Fitness First. I decided to investigate the program for myself," Dave said.

He set up an appointment and has been training at Fitness First about a year and a half. "I really liked the fact that they customize every program to an individual's history. They understand what I've been through and what I'm trying to achieve."

Dave's surgery had left him with a very weak back and he often experienced muscle strain because of this.

"Before I started training at Fitness First I used to pull muscles three or four times a month," Dave said. "Now, I've only strained a muscle once in the past year."



Tara Seifert, Fitness Specialist, training Dave

Unfortunately, in the past year, Dave also slipped on the ice in his driveway and broke his leg. "I've been spending much of my time in the past couple of years trying to rehabilitate my body, rather than just training," Dave said. "Training at Fitness First has provided me with increased flexibility, and more strength in my upper body. I have started and

stopped exercise programs over the past 20 years and I know I need the extra incentive of having an appointment to keep me consistent. It gives me more reason to continue to follow through. Plus, another improvement since training at Fitness First is a positive change in my golf game. I can really hit that ball a lot further now!"

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