



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...



Denise Craig, 52, of Prior Lake, has been working out at Fitness First for almost two years.

"When I first walked in the door, I was a little nervous. I wanted to lose weight in certain areas, but didn't really know how to do it. Steve sat down and talked with me and we mapped out a plan. Starting out, I thought he was too challenging, the workouts seemed so hard. You use muscles

you never knew you had! Since then, though, I've seen the results and it's worth it.

I work out twice a week for 45 minutes each time. I have seen a great deal of improvement in my strength during the past year. I'm also more flexible and I can lift things so easily. I can see it even in simple things like watering my plants. I like being able to bend any way I want."

Fitness First workouts vary through the use of free weights, machines and manual resistance. "The body can't differentiate between forms of resistance," Tara Seifert, Fitness Specialist at Fitness First, said. "Manual resistance is a very safe and efficient method to accomplish complete muscle overload. A fitness professional can adjust resistance for the changes in joint angle, pulls of gravity and the onset of fatigue. There are no perfect forms of resistance, so we use all three to achieve efficient muscle fatigue."

Denise continued, "I've also lost more than two dress sizes and I get to eat what I want. I don't follow any kind of special diet or eat any kind of specific food. This way I don't get bored by trying to follow some sort of specialized eating plan. I highly recommend this workout. In fact, I tell people how great it is to come here. If you are the kind of person that doesn't have a lot of time to spend, but want to get in shape, you really need to come to Fitness First."



BE STRONGER FOR YOUR JOURNEY

FITNESS FIRST

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