



FITNESS DIARY

Steve Ritz, Exercise Physiologist, founded Fitness First 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...

"I was diagnosed with breast cancer two years ago," Dorothy Ritz, 79, said. "I was taking both chemo and radiation and I was scared. Luckily, our son, Steve, has been involved in fitness and health since he was in high school. As owner of Fitness First, he recommended that started a concentrated program of strength training to build solid muscle, rather than flab. This can help keep cancer from taking over as easily."

Living in St. Peter, the drive to Fitness First in Chaska was sometimes more arduous than Dorothy was willing to take on.

"I drove a truck all my life," Don Ritz, 75, said. "Sometimes Dorothy didn't



Dorothy Ritz tackles an arm machine.

feel up to the drive, or the weather was bad and so I would take her. Eventually I decided that since I was coming all this way, I might as well start training with her. Now, I really enjoy it. I just wish I'd started doing it earlier."

Since it can be hard for a son to direct his parents appropriately, Dorothy and Don usually train with Fitness Specialist, Tara Seifert.

"Tara is really a wonderful help to us," Don said. "She pushes you to go that extra mile, even when you're tired, so you really get the most out of your session."

Dorothy added that she had talked with many people in her area about getting in shape, but the element that really seemed to be missing was the personal attention.

"There are many fitness centers around, but they don't have personal trainers," Dorothy said. "There's nobody to tell you if you're doing an exercise right or wrong. You don't make a lot of progress that way, and I've heard people say they just quit going because training wasn't effective. That doesn't happen at Fitness First. In fact in the past two years, while I haven't lost any weight, I have certainly lost dress sizes!"



Tara Seifert, Fitness Specialist, trains with Don Ritz

Don has seen results as well. "I got a bit soft after I retired. I like to go hunting with my sons and other younger guys and I have to keep up," he laughed. "I had high cholesterol levels when I started training at Fitness First, and as a cancer survivor myself, I knew I needed to be in shape. Now I feel better every day!"

Both Don and Dorothy have advice for anyone thinking about calling Fitness First.

"Don't think about it. Just get out and do it!" the exclaim. "We did and we're intending to hang in there. It's highly recommended for any age."

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FITNESS FIRST

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