



# 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...**



Gary using a Hammer Strength back machine under the supervision of Fitness First staff member Scott Mangen.

Gary Dunham, 60 years old, is not your typical retiree. Gary is a husband, a father of 3 grown children, a grandfather to his 12 year old grandson Alex whom he is raising, and a son to his 90 year old dad. Gary lives in Belle Plaine and during the school year, he drives to Chaska every day where his grandson attends school, then drives to North Minneapolis to visit and care for his dad, then back to Chaska to pick up Alex and finally home to Belle Plaine. In fact, it was

this driving schedule that involved Gary with personal training at Fitness First.

"One day, while I was waiting for my grandson to get out of school, I was browsing in Wally's Sports and Clothing in downtown Chaska," Gary said. "A brochure from Fitness First in a display case on the front counter at Wally's happened to catch my eye. The next thing you know I made an appointment with owner Steve Ritz, and was sitting down to hear about the entire program and his fitness philosophy. The rest is history. I have been strength training there ever since, twice a week for an hour at a time and I don't plan on stopping anytime soon."

Gary commented that he really respects Steve's philosophy to work the entire body from head to toe, front to back and side to side each and every workout.

"Regardless of which staff member with whom you train, they all challenge you to work at your maximum, bringing your muscles to momentary muscle failure. Since beginning training, I have more energy, I have slimmed down and my clothes even fit better. I have a friend who joined a health club in a northern suburb, and has kept a similar training schedule. However, he has

not seen the same great results. He asked me what routines I was doing to have trimmed down and look so healthy. He said he has been doing the same thing, and hasn't had nearly the results. I told him, that I don't know what weights I use and that is the luxury of training at Fitness First. The staff does



Fitness First staff member Tony Austad assisting Gary on a Nautilus chest machine.

all that for me. They instruct me what to do, how many times to do it, when to start and stop and when to move on to the next machine. I don't have to think about anything but the teaching tips provided by the staff and completing what needs to be done on each machine. They track everything for me. It certainly is working, my blood pressure and cholesterol readings have improved."

Before he retired, Gary worked as a nurse anesthetist and he has a few health related words of wisdom for people thinking about training at Fitness First.

"This is not a cookie cutter program. Each person is treated as an individual and the routines are customized just for you. Continuing to work on physical weaknesses is the key, and the expertise of the staff helps you to stay safe while improving strength. Here's my prescription: fitness routine at Fitness First twice a week for one hour each time. Continue throughout your entire life!"

## BE STRONGER FOR YOUR JOURNEY

**FITNESS FIRST**

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