



# 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...**



*Gavin Dauwalter performing a back activity on a Hammer Strength pull down machine with instruction from Fitness First Instructor Aaron O'Gorman.*

Gavin Dauwalter, a 19 year old student athlete at the University of St. Thomas, has had a strong interest in improving his physical fitness specifically his strength.

"I was interested in an efficient method to increase strength and reduce body fat, enhancing my athletic performance while attending high school," Gavin said. "I was unsure where to search for professional assistance with my goals. My mom suggested contacting Fitness First where Tony Austad a family friend works as a Fitness Specialist. We proceeded by making an

appointment for a consultation to get more information about the services at Fitness First.

"I have been making strength training appointments at Fitness First since the summer of 2013 with fantastic results. The staff at Fitness First is very knowledgeable and encouraging during every appointment. I truly feel as though every member of the staff wants me to achieve my goals. I really value the relationships I have built with the staff because they take time and interest in my life getting to know me on a personal level. The strength training at Fitness First really helped me perform at my best during high school and continues to help me as a football player at the University of St. Thomas. The benefits from my strength training appointments at Fitness First have also spilled into my summer landscaping job. I am able to work long days throughout the summer without experiencing much fatigue or soreness. I continue to make strength training appointments at Fitness First throughout the summer or when I have breaks during the school year. Because of the positive results in my strength and body composition I plan to strength train at Fitness First during the rest of my college athletic career and possibly beyond. I can not imagine stopping strength training considering the positive results I have experienced."

**Stump The Staff**  
Your questions answered

Q: What are blisters and how are they different from blood blisters?

A: Blisters result from an irritation or damage to skin from an external source. The most common causes:

- Friction: brief, intense rubbing to a small area of skin
- Burns: contact with hot surfaces, exposure to flames / steam, or severe sunburns
- Irritants, allergens, or drugs: contact with certain chemicals, cosmetics, drugs / medications, or plant allergens
- Infections / Viruses: chickenpox, cold sores, shingles and other infectious illnesses

Blood blisters result from trauma to the subdermal tissues and/or blood vessels. The trauma, usually the pinching of skin, leads to bleeding and blood pooling underneath the skin.



*Fitness First Instructor Aaron O'Gorman coaching Gavin on a Nautilus leg press.*

## BE STRONGER FOR YOUR JOURNEY

### FITNESS FIRST

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