



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...



Gayle using an abdominal machine under the supervision of Fitness Specialist Nick.

"I always read Southwest Business when it comes to my house each month," Gayle said, "and I specifically enjoy reading the Fitness First Fitness Diaries. Last fall I read a story about a woman who had back problems and overcame them by training at Fitness First and it really peaked my interest. I have suffered from back spasms and have even had back surgery, and was always looking for relief. The article made me interested in finding out more about Fitness First, but I wasn't willing to drive to Chaska. Then, when I read that a second studio had opened

in Excelsior I decided the time was right."

Gayle had always done some form of exercise, but she had never found her routines to be very effective. "I was a dedicated aerobic exerciser, but I really didn't know much about how to strength train on my own," said Gayle. "In the beginning I went to Fitness First to find a way to strengthen my back and prevent further problems. I am getting older and I have been listening to the advice that strength training becomes even more important as you age. However, what I found was my own personal fountain of youth! I have not lost any weight, but my body composition has changed so that I look 10-15 years younger. My husband keeps commenting on how great I look! Even that annoying arm jiggle is gone."

Through committing to training at Fitness First, Gayle has even changed her fitness routine at home. "I used to workout aerobically at least 5 times a week,"

Gayle said. "I felt guilty if I missed a day, like I wasn't doing enough. Now, I have two intense strength training appointments at Fitness First twice a week and train aerobically once a week at home. I am seeing much better results with a fraction of the time spent. I feel so much better about myself. I don't have that nagging guilt that I am not exercising enough or not doing it properly. With the personal attention from the staff at Fitness First and the protocols that they use to bring you to muscle failure, I know I am getting a fantastic workout."



Gayle getting ready to use a leg press at Fitness First.

things before I would quit training," Gayle said. "I have seen so many improvements in my body and mental attitude. Even my posture has improved. Before training at Fitness First I had many mornings when I felt aches and pains until I really started moving. Now I just bound out of bed! Plus, I have much more energy throughout the day and even into the evening. I am totally hooked!"

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