



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...

"I wish I'd started weight training 30 years ago," Janet Sinner, 52, Cologne, said. "My back was so sore I could hardly get out of bed in the morning, much less empty the dishwasher or fill the dogs' bowl. Weight training has helped me work on my core muscles and now my back feels fine!"



Janet really needs a strong core. She works as a Landscape Maintenance Supervisor at the Arboretum in Chanhassen and shows her two German Shepherd dogs in agility competitions.

"Agility showing involves running with your dog and directing their movements with your voice and body," Janet said. "You do sudden starts and stops, 270° turns, lots of physical

movement. A person who is capable of keeping up with their dog definitely has an advantage in this type of showing." Janet has done agility showing since 2000 and at one show stepped in a hole and tore a tendon in her foot.

"Working with the Fitness First staff has strengthened my back muscles, but we have also worked on my feet, ankles and lower legs." Janet said. "This has given me more confidence and surefootedness when I'm out on the field with the dogs. I'm not as worried about stepping the wrong way. I can focus on the dogs."



Janet also had some words of advice for anyone who is considering starting a fitness program. "Give it a chance," Janet urged. "Sign up for at least 20 weeks of personal training and stick with it. That is what I like about Fitness First. Even if I don't really

feel like going, since I have an appointment I know someone is waiting for me. That commitment is what helps make me show up. Every time I go it makes me feel so much better and I'm very happy about that!"

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