

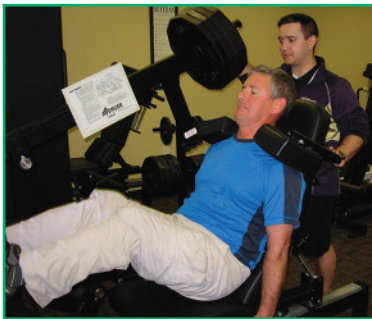


FITNESS DIARY

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...



Jim Wire using an Avenger leg press with instruction and supervision from Fitness Specialist Tony Austad.

Jim Wire, 50, Chanhassen resident is at a point in his life where he is ready to prioritize time for himself.

"I have 2 sons ages 20 and 24. One is in the Navy and the other works on a yacht allowing me to have free time to make strength training appointments at Fitness First," Jim laughed. "Actually, as I age I realize I must keep moving and be proactive with my health. I am blessed with

good health and have to continually prioritize it."

Jim has the professional credentials to comment on the human body and how Fitness First works with his. "As a surgeon I work with other health care professionals and recognize the staff at Fitness First is top notch. It is very evident Fitness First is not your typical fitness business. The qualifications, sophistication and techniques at Fitness First, along with the high end equipment make every appointment extremely beneficial. I have an old shoulder injury I am addressing and the strength training appointments at Fitness First allow me to do that.

The appointments are very balanced covering my entire body in 45 minutes twice a week. This gives an incredible workout with no impact which is very easy on my joints. I value the fact I get a quality, full body workout without beating on my body. I also appreciate the flexible scheduling at Fitness First because I am able to schedule appointments to accommodate my busy schedule. I typically schedule my appointments at Fitness First in the early evening ensuring I get out of the house to do something positive for myself. The accountability of an appointment is certainly better than coming home every night and collapsing on the couch. This active approach suits me very well. The strength training appointments at Fitness First are one of the best ways I have found to burn off my work related stress."

Stump The Staff Your questions answered

Q: What is actually happening when I hear my bones crack during a strength training workout?

A: The cracking you are hearing during the workout is originating from your joints and not your bones. Joints crack for three main reasons:

- **Synovial Fluid:** Joints crack due to gases escaping from the synovial fluid. Synovial fluid exists in all joints and acts as a joint lubricant. The fluid contains the gases oxygen, nitrogen, and carbon dioxide. When a joint articulates, a gas bubble may escape or "burst" causing a cracking sound.
- **Tendons and Ligaments:** Cracking may occur as the ligaments and tendons that pass over the joint slide past bumps or imperfections on the bones.
- **Arthritis:** Arthritis typically results in a loss of cartilage in the joint. The lack of smooth cartilage causes a rough joint surface. As the joint articulates, the rough surface will result in grinding or cracking.



Fitness Specialist Tony Austad assisting Jim as he strengthens his chest and shoulders.

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