



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...



Jolene (R) and friend in Tampa, FL at the Publix Gasparilla Distance Challenge in February, 2017

Jolene Panciocco, busy career woman and mother of 8-year-old twin girls, was approaching 40 when she and her best friend decided to register for a half marathon in celebration of their birthdays.

"After registering for the Publix Gasparilla Distance Challenge held February, 2017 in Tampa, FL. I was very excited to have a specific event fueling my training," Jolene said. "However, I was concerned about overuse injuries, such as stress fractures, I had experienced as I began the sport of running in March 2013. I was very nervous I would get injured preparing for the event and not be able to complete the race."

Coincidentally, Jolene's husband had just began strength training at Fitness First, so after he completed a few appointments she asked him about his experience. "After discussing the Fitness First services with my husband I realized strength training was something I was missing and probably a big reason for my past running injuries. With this in mind, I decided to purchase strength training appointments for myself."

"I was a little nervous because I had never participated in organized strength training. During my initial consultation and in every appointment the Fitness First staff has been very in-tune with my goals allowing me to feel confident I can run safely."

"February 26th, 2017 was the real test of my training and I had a fantastic experience! I completed the half marathon and felt great after. I feel very healthy since I began strength training at Fitness First, and the appointments have become an important part of my lifestyle. I look forward to preparing for future races, and Fitness First will continue being a very important component of my preparation."

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