



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...



Keely trains with Fitness Specialist, Greg Viland

Keely Stansberry, 35, Independent Consultant began personal training at Fitness First in 2001 after the birth of her first child.

"I was experiencing a lot of pain in my hips," Keely said. "Strength training was recommended to me, so I decided to try it. I purchased 10 weeks of strength training sessions and saw positive results. I felt much better but when my package ended I slacked off and didn't return until September 2007. After 2 years of pain (and no sleep from herniated discs in my back) my doctor told me I should not lift more

than 10 lbs or run for the rest of my life. I wanted to improve so I tried physical therapy but it failed miserably and I continued to "throw out" my back. I decided to return to Fitness First since it had been so successful for me in the past. Since resuming I have been going regularly."

Before resuming at Fitness First, Keely would experience back problems for 3-4 days every month consistently. Her body was compensating from the pain so she always felt uncomfortable.

"I now feel stronger and have had no back problems since returning to Fitness First," Keely said. "I can workout again in addition to finally being able to sleep at night. Being a busy consultant and mother of two, I don't have much time to spend on exercise, so going to Fitness First on a regular

schedule really works well for me. I know what 2 days I need to be there and I just work the appointment into my weekly schedule. The trainers ensure you get a quality workout by pushing you to the limit. The focus



Keely using the Lat Pull Down machine

at Fitness First is always on quality form rather than the quantity of repetitions. The sessions become addicting plus the staff's knowledge and the personalized training programs are customized specifically for you. I am slowly returning to sports and activities I used to participate in on a regular basis such as golf and skiing. I also played soccer religiously before I injured my back and now I am even easing back into that sport. The fact that I have not re-injured my back since personal training again at Fitness First is truly amazing!"

Going to Fitness First has been a family affair for Keely. Her father trained a few sessions after heart bypass surgery and her husband has been a client there as well.

"For the most part, I am pain free, feeling good and in better physical shape so I can sleep comfortably at night," Keely said. "I can't imagine discontinuing this wonderful program."

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