



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 have been training at Fitness First for over two years," Laura said, "and I love the appointment only, supervised structured approach for my training. However, when I became pregnant I had some concerns regarding the safety of strength training as my body adjusts through the pregnancy. Steve Ritz (owner) and I sat down and discussed his experience in formulating and implementing programs for pregnant clients and employees. Tara, manager of Fitness First, is also pregnant and has continued training with Steve throughout her pregnancy. Steve and Tara have tailored Tara's program



Laura training with general manager, Tara Seifert

to ensure safety for her unborn child while still maximizing the benefits of a fitness program through each stage of her pregnancy. This brought me a great deal of comfort knowing that I will be following a plan designed specifically for the needs of my body and my baby."

Laura came to Fitness First initially because she wanted to improve her health and ability to participate in triathlons.

"I was doing fine with the cardio aspects of my training," Laura said, "but I needed assistance to safely and efficiently add strength training to my preparation. When I tried to do my own strength training, I ended up injuring myself. I read about Fitness First in the Fitness Diary's in this magazine and I decided to try the training program. During my first year of training at Fitness First, I went down six dress sizes and lost 20 pounds! I don't follow a trendy or strict diet. For me, losing weight

is all about portion control, watching what I eat and the training I get at Fitness First. The strength training I have done has definitely increased my metabolism."

Coming to Fitness First has become part of Laura's overall health regime and was something she really wanted to continue during her pregnancy. "I am really looking forward to having Steve monitor a program for me as the pregnancy progresses," Laura said. "I feel that with his supervision what I am doing will be safe, efficient and effective for the baby and me. I am really trusting that staying in shape will lead to smoother labor and delivery and a faster recovery time. Steve and the staff at Fitness First have always had my best interests at heart. In the past, I have had times when I have battled with depression and exercise has really helped to carry me through to a



Laura performing the kneeling leg curl machine

healthier lifestyle. This is something that is very exciting to pass on to my child."

"Pregnancy is a time of physical change and research has shown that staying active and exercising can really help a mother-to-be stay healthy." Steve Ritz commented.

Much research has shown that exercise during pregnancy will help with an easier and shorter labor and birth, fewer cesarean surgeries, a quicker recovery postpartum, a quicker return to your pre-pregnancy weight, not to mention a healthier feeling pregnancy.

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