



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...

"As women, I think we get into the syndrome of always taking care of everyone else around us at our own expense," said Lois Gardeski, 47, Chaska. "I spent years chasing around after kids in sports, ignoring my own needs. In the back of my mind, I could feel the imminence of health problems if something didn't change."



Lois learns proper form from Greg Gerding, Fitness Specialist.

So, last spring, Lois made the decision to take control of her own health. She started with a visit to Fitness First.

"Both my husband and I have had cholesterol issues and he has had high blood pressure, said Lois. "We went to Fitness First with the idea of finding a way to get healthier."

After hearing about the program, they both started on a weekly schedule of training.

"I have a problem with discipline," Lois laughed. "I can find a hundred other things to do rather than workout if I'm doing it on my own. Having that appointment at Fitness First really

helps. I don't know that I will ever actually enjoy working out, but the trainers help me get through it. Even on bad days, they work with me and make it easier."



Greg Gerding, Fitness Specialist at Fitness First, helps Lois work with weights.

Lois also participating in the nutrition program that Fitness First offers.

"I spent a week journaling everything that went in my mouth," Lois said. "Then Tara worked with me to help me learn about better food choices and timing of eating. This was really helpful. I feel that I've learned an important life skill that I can go back to again and again."

Besides discipline and nutrition, Lois said that working out at Fitness First has made an impact in her life in other ways. "I was out shoveling the other morning, and didn't even feel winded!" she said. Now that's a benefit all Minnesotan's should strive to achieve.

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