



# 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...**



*Margaret Gagnon-Pollard using a Hammer Strength leg machine with instruction and supervision from Fitness Specialist Tony Austad.*

Margaret Gagnon-Pollard, 76, a Mound resident has been scheduling strength training appointments at Fitness First since March 2014.

“I read the Fitness Diaries in the *South Lake Business* magazine for over two years thinking a person my age could never begin strength training,” Margaret said. “However, I realized I had to take action to prioritize my health. I was diagnosed with osteoporosis in addition to having cataracts and colitis. My doctor explained to me I would eventually break a hip as a result of my

osteoporosis so I better be prepared. He did not say I might break a hip...he said I **WOULD** break a hip. I decided I needed to proactively increase my strength and improve my balance giving me better odds.”

Margaret and her husband scheduled a consultation appointment with Fitness First Founder Steve Ritz to gather more information.

“I tried to talk my husband into training with me,” Margaret said, “but he refused. So, I decided to make the commitment on my own. Strength training at Fitness First makes me feel very good about myself. I was not very athletic when I was growing up, so this is a different challenge for me. I actually see muscle definition in my biceps and other areas of my body. I have a group of friends from High School I meet for lunch once a month and think I am by far the most in-shape of the group! Strength training at Fitness First is intense and challenging for me, however when I complete my appointment I am flying high. I typically strength train at Fitness First twice a week and the flexible scheduling options fit my needs perfectly. A Fitness First appointment is definitely the high point of my day. I have more energy and an improved mood following my appointments. I would strongly recommend strength training at Fitness First and definitely wish I had begun earlier in my life. Currently, I intend to continue strength training at Fitness First as long as I physically can!”

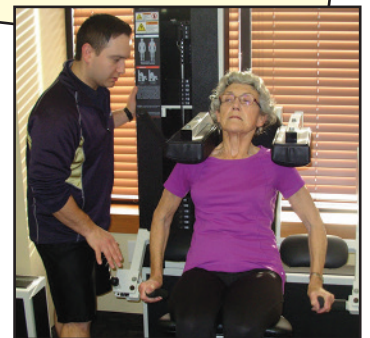
## Stump The Staff Your questions answered

**Q:** Do carrots actually improve vision?

**A:** Carrots can improve vision if a diet is lacking in Vitamin A. Consuming the recommended daily amount of Vitamin A is known to provide the following eye benefits:

- Protects the surface of the eye (cornea)
- Delays the onset of age-related macular degeneration
- Prevents dry eye syndrome (chronic lack of sufficient lubrication and moisture on the surface of the eye)

Consuming the recommended daily amount of Vitamin A is easily achieved by consuming a well balanced diet. Common food sources are dairy products, fish, fortified cereals, fruits, and vegetables.



*Fitness Specialist Tony Austad coaching and supervising Margaret on a MedX triceps machine.*

## BE STRONGER FOR YOUR JOURNEY

### FITNESS FIRST

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