



# 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...**



Michael training with Ashley Clemen  
Fitness First intern

Michael Hennek, a 44 year old business owner that doesn't have much time for exercise or organized sports and activities was in need of some help. This very busy father of 6 gets most of his activity just playing ball or playing with his kids in the pool. However, Michael wanted to improve his physical condition. So, when longtime friend and associate Steve Ritz, opened up his fitness studio in Chaska it was the right choice for Mi-

chael. The fact that it is 50 minutes from his home hasn't stopped him from training there twice a week for the past 3-1/2 years.

"It was a friendship that brought me to Fitness First," Michael said, "but it's the benefits I have seen through my training that has kept me a very satisfied client. I wouldn't miss it for anything. It is my favorite part of the week both physically and mentally. I start out feeling tired and burned out from my work. Then I turn off my cell phones and think of nothing but my workout. By the time I am on my drive home, I feel rejuvenated and much more energized than I did before. I know I am improving my conditioning and building muscle strength. In general, training at Fitness First has improved my overall quality of life. Because of the ongoing training at Fitness First, I am even more conscientious about my eating habits, and could not imagine not training there."

Mike went on to comment that he feels Steve and his staff are very professional and really know how to work with people on their individual needs.

"I like the fact they really challenge me. They don't cut me any slack and I know that's what's working for me. I don't have time to go and workout two or three hours a day or participate in an organized sport. Fitness First works with my schedule especially since my time is so limited. They always schedule at my convenience, not theirs. My work has me traveling throughout the state, so I can make a stop at Fitness First when I am going towards Chaska or am on my way home. It is this flexibility that has allowed me to continue with my training. No

other place could do that for me. Since going there, I have really noticed the difference in my physical condition and my muscle strength. I can play longer with the kids or do chores like cutting wood and yard work without feeling tired or sluggish."

In addition to the health benefits he has experienced, Michael also commented that when he was 18 he experienced a shoulder injury that caused him to lose shoulder mobility and strength. "Even old injuries can be helped by training at Fitness First," Michael said. "Going to Fitness First has improved my shoulder tremendously. In recent years, I also had lower back pain and other back problems, but since going to Fitness First, I don't experience any of those aches and pains. I can't recommend it enough!"



Ashley Clemen, Fitness First intern, with Michael

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