



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...



Mike trains with Fitness First owner, Steve Ritz

Mike Braden, 46 year old and father of 2 girls, loves the decision he made to follow in his wife's footsteps and begin training at Fitness First.

"It's been less than 5 months, and I can't believe the results I have seen so far," Mike said. "I feel healthier and stronger. I have more muscle mass, my flexibility has improved and I am definitely more energized!"

Mike began training at Fitness First knowing that each session really pushes clients to test their limits, which is exactly what he wanted.

"At Fitness First, you know what you are doing is effective," Mike said. "I have never felt better and the staff is incredible. It doesn't matter which trainer you work with, they are always consistent in working with your program and being sure you get a fantastic workout. I had participated in aerobic workouts in the past, and even have my own gym at home, but nothing compares to the personal training I have received at Fitness First. I especially appreciate the way the staff pays attention to the details of the individualized workouts. They make sure your body is positioned correctly on each machine ensuring you perform the exercise efficiently. The staff really pays attention to technical details of each activity and at the same time the workouts are very physically challenging."

Mike operates a business out of his home and needs the convenience and flexibility that Fitness First offers.



Fitness First owner, Steve Ritz, instructs Mike on the leg extension.

"I schedule my workouts on my time and that's another reason I love it so much," Mike said. "I don't have to worry about fitting into someone else's schedule. This spring or summer I am considering taking up rowing and possibly joining a rowing club. As a result of training at Fitness First, I feel confident beginning an activity as challenging as rowing. When I began training, I had problems with

my knee from a past surgery, plus shoulder and back issues. I addressed these problem areas with Steve during my initial consultation and he designed a program specifically for me. As a result, my knee feels better. My shoulder and back pain are a thing of the past, and I have increased my upper body strength tremendously. No matter what sports, or even just day to day activities I participate in, I know I will handle the challenges because of the training I have had at Fitness First."

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