



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...



Nancy Madsen performing a manual resistance hip activity with instruction from Fitness Specialist Greg Gerding.

Nancy Madsen, 55, felt she needed focus in order to pursue her quest to stay physically fit. "I had tried strength training before but it really did not work for me," Nancy said. "I enjoy running and previously found strength training to be boring. During the fall of 2014 I was visiting my dad who was staying at Auburn Manor, and crossed paths with Fitness First Founder Steve Ritz. We talked several times and he encouraged me to add strength training

appointments at Fitness First to my weekly plan. I was interested because I knew I needed to add strength training to my running and biking in order to have a balanced fitness plan. After scheduling a consultation with Steve and discussing things with my husband we decided to give each other a package of appointments for Christmas in 2014. We have both been making strength training appointments ever since."

Nancy still does not enjoy strength training as much as other activities. However, she does recognize and value the benefits.

"Strength training is allowing me to do the things I need and want to do," Nancy said. "For example, lifting boxes up on shelves or opening very heavy doors gave me trouble before I began making strength training appointments at Fitness First. I have a huge vegetable garden and the gardening is more enjoyable. Planting and weeding goes more efficiently. I have also found I am handling stress better. I am very busy with work, helping my parents and volunteering. I recognize strength training at Fitness First is a long term investment that pays dividends in the quality of my life. I may not always be excited about keeping an appointment, however when I am done I feel great."

Stump The Staff Your questions answered

Q: What are knotted muscles?

A: Knotted muscles are known as myofascial trigger points.

A knot is typically a portion of a contracted muscle that does not release.

Causes:

- Sedentary lifestyle • Muscle fatigue
- Previous muscle injury or muscle weakness
- Poor posture • Stress • Dehydration

Treatments :

- Exercise
- Icing, massaging and flexing a knotted muscle
- Proper posture / ergonomically correct work environment
- Hydration



Greg Gerding coaching and assisting Nancy on a Nautilus leverage leg press.

BE STRONGER FOR YOUR JOURNEY

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(952) 448-4322 • Chaska, MN

(952) 401-4322 • Excelsior, MN

www.fitnessfirstmn.com