



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...

Rob Hultgren, 27, currently of Victoria, is not a typical Fitness First client.



Fitness First Owner Steve Ritz
personal training Rob

"I was Steve's very first client," Rob said. "I started training at Fitness First over 10 years ago while I was training for high school soccer before I went off to college. I graduated with a bachelor of arts degree majoring in International Studies and Spanish and moved to work overseas in the Middle East. I took the basic strength training principles I learned from Steve with me and have put that to use during all these years."

Rob is back in the Chaska area for just a few short months this winter and early spring before he returns to work overseas.

"I am leaving again the beginning of April, but while I am here one of the things I wanted to do was spend some time training at Fitness First," Rob said. "I tried to integrate the program and protocols Steve had taught me in my own workouts, but it's not the same as having a trainer there to instruct and motivate you to achieve your goals. I have always been fairly active, playing soccer and swimming, but the desk job I have been doing has slowed me down. I have missed having a trainer. In fact, Steve has always been able to get the best out of me! He is great at pushing me to my limits."

Rob is spending his short time here in the states reconnecting with old friends and working on his personal health.

"Strength training is a great stress release," Rob said. "Coming to Fitness First is a great way to get my day started. I really enjoy working with Steve and his staff again and have been feeling better physically even after just spending the past month in training."



Rob on the leg extension machine

When Rob started training again he had relied on Steve to help him with a different issue.

"I tore my ACL in college," Rob said. "I had gone through the usual rehabilitation, but it was never quite right. When I explained this to Steve, he designed a program for me to help strengthen my knee. The first time I did the leg exercises,

I thought 'This is so comfortable!' Not that the exercise wasn't intense, but I did not experience any discomfort in my knee. All the movements were smooth and didn't cause pain. I have the highest regard for all the staff at Fitness First whether the personal training is for health improvements or to rehabilitate an injury. You have to be patient to really see the benefits, but the time is very worthwhile. I would recommend to anyone that they take advantage of this great program. It's amazing that we have a service like this available right here in the little town of Chaska!"

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FITNESS FIRST

(952) 448-4322 · Chaska, MN

(952) 401-4322 · Excelsior, MN

www.fitnessfirstmn.com