



# 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...**



Fitness First Owner, Steve Ritz, works with Robyn

Robyn Larson, a Norwood Young America resident who is in her early 40's, really wanted to participate in an exercise program, but didn't like the idea of going to a large health club, attending large group programs, or the impersonal atmosphere at most large health clubs that would compromise her privacy.

Robyn happened to read an earlier Fitness Diary in this publication and no-

ticed the mention of the individual attention due to the one on one training offered at Fitness First. She instantly knew the service at Fitness First was what she wanted to help her reach her fitness goals. It was exactly what she was looking for in terms of atmosphere and training program. The fact it wasn't far from where she lives (only 20 minutes away) was the icing on the cake. Robyn has been training at Fitness First for the past two years and has seen amazing results.

"I have two passions," Robyn said. "My first passion is cleaning. I am declared a neat freak and in doing that I take many steps and have a large space to cover so that is where I was getting much of my physical exercise. Secondly I like to walk and play with my rambunctious dogs every day. However, before coming to Fitness First, I had some hip issues that were preventing me from being more physical in my cleaning and gardening. I also had severe shoulder pain and couldn't throw a ball like I had in the past. For both circumstances, my doctor recommended several sessions in Physical Therapy. However, after completing the therapy, I felt the sessions didn't relieve the shoulder pain or improve the hip."

When Robyn first came to Fitness First, she mentioned these problems and owner Steve and his staff introduced some specific exercises within her workout program to address her concerns.



Robyn lifts weights under the watchful eye of Fitness First owner, Steve Ritz

"These exercises instantly did the trick," Robyn said. "The two 45 minute workouts per week and a few minutes of stretching after my workout and I had great improvement. No more therapy for me. Whatever pain I had in my shoulder and my hip are gone. I consider the staff at Fitness First miracle workers. I am also concerned about Osteoporosis since it runs in my family, but I feel that the training I am getting is helping me build muscle mass and maintain bone density which reduces my risk of osteoporosis. All the trainers and staff at Fitness First are great. They are all so fun and have great personalities and make you feel so comfortable. In fact, I have been so happy about my results, I recommended it to my husband who now trains there as well. I try to never miss an appointment. I credit the success I have had at Fitness First to

the consistency of my appointments. I am in a routine of going twice a week and I never skip. When I leave there I feel like a wet rag and then I know my body has been challenged. It is such a feeling of accomplishment."

When asked about Robyn's future participation with Fitness First, Robyn cheerfully answers "more of the same. Why stop now?!"

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