



# 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...**



Ron being trained on a MedX exercise lumbar machine to strengthen his low back.

Ron Kocher is the kind of guy who takes matters into his own hands. So, in 2008, when he experienced a spinal fistula that left him with very limited mobility and lack of blood flow to his legs, he decided to take action to regain full movement of his lower body.

"After reading the monthly Fitness Diary in Lake Area Business," Ron said, "I decided that along with exploring the traditional treatments, medications, etc., I needed to add strength training; which I discovered at Fitness First. A spinal fistula is a hemorrhage in the vascular bed of the lower back much like an aneurism and it caused me to lose all feeling and movement in my lower body. I was virtually paralyzed from the waist down. I went through a couple surgeries and therapy for several months to regain basic motor skills to correct the problem. It worked to a certain extent, but I knew I still had to do intensive therapy and strength training to rebuild my muscles. I literally had to retrain

my leg muscles in order to walk and move correctly. The strength training I have received from Steve and his staff has been nothing less than excellent. They are not only sympathetic to my situation, but they have worked with me to design an exercise prescription increasing my muscle strength and endurance without causing any further injury. I have been very pleased to learn they could help me from a rehabilitation standpoint. All the specialists at Fitness First are well educated and understand how to formulate and implement exercise prescriptions that are safe and effective. I have an appointment and work one on one with a staff member and receive undivided attention. After beginning my strength training, I am able to take long walks again, and perform garden and yard work. My experience with Fitness First has been great! I am still training and can't imagine ever stopping."



Fitness Specialist Tony Austad instructing Ron on a Avenger leg press.

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### FITNESS FIRST

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