



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 May, a long time resident of Deephaven, retired Industrial Designer and furniture craftsman, is determined to not let a knee replacement, diabetes, narcolepsy or his 79 years slow him down.



Ron using a low back machine with instruction from fitness specialist Nick McCoy

"I needed two wake-up calls," Ron explained. "The first one was a fall that happened while I was at my daughter's house in Chicago. I landed on the back of my head which required surgery and over 4 weeks of therapy. The second was about 3 years ago. I was in my garden and slipped over the raised beds. I realized that I needed to improve my strength and balance. After reading one of the diaries in Southwest Business I thought I would give personal training at Fitness First a try. I have been training there ever since."

Ron's real passion in life is gardening and he also knew that he needed to improve his physical condition to continue his endless days working the earth without dealing with aches and pains.

"I need to be able to push, lift, get down on my knees and stand up easily without adding any extreme stress to my body," Ron explained. "For me gardening isn't about just planting seeds, watering and waiting. I don't use any motorized or electric equipment. My garden is set up meticulously by hand and is efficiently geared to produce the most wonderful home grown vegetables that eventually end up on my table in scrumptious recipes that I cook myself."

Ron felt that strength training was important for him to be able to comfortably continue with all of his activities.

"I needed the right fit and the right place for me and my wife to train. I knew I wanted one on one personal training and not a room filled with 100 people cycling out of control. I needed a place I would feel comfortable just the way I am. Fitness First was the answer. I can come in my garden clothes, have my session,



Nick assisting Ron on a shoulder machine.

get the training I need in a comfortable atmosphere and then I am on my way. I didn't mind traveling to the Chaska location when I first began training, but when Fitness First opened up their second studio in Excelsior, it got even better. I can be there in less than 10 minutes which gives me that much more time to spend woodworking and gardening."

Ron has seen a difference in his balance, movement, lifting, pushing his wheelbarrow, and more.

"I may be getting older, but I am staying younger," Ron said. "I walk better and my balance has improved immensely. My diabetes and narcolepsy are all under control and I sleep better at night which helps me feel more energetic during the day. I actually feel younger. I am a living testament that being physically young by having an effective exercise routine, enables you to be able to continue with the hobbies that you love and keeps you young for a very long time."

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