



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...



Rosalyn Dawson performing an abdominal activity with instruction and supervision from Fitness Specialist Tony AUSTAD.

Rosalyn Dawson, 34, lives in Chaska and is already working on fighting the effects of aging. "It is hard getting older," Rosalyn said. "Everything is more difficult in my 30s than in my 20s. I used to be able to physically perform whatever I wanted, but in the past few years I have found the same activities to be more challenging. I decided I needed to begin strength training so I could reduce stress and prioritize my health."

Rosalyn has a very busy role as partner/owner of the Big Bowl Express and Tucci Italian restaurants located in all the Lunds & Byerlys stores.

"I needed something appointment based because I never miss appointments. I typically schedule evening appointments at Fitness First which is a great way for me to end my work day. The appointment with one of the Fitness First instructors flushes the stress, making me feel as though I did not work that day. This has drastically reduced the number of headaches I experience. Plus, I have experienced positive changes in my capabilities while participating in boot camp and kick boxing classes. When I began these activities, I was the slowest student which is not the case anymore. Another benefit of my strength training appointments at Fitness First is muscle development and definition. I appreciate being stronger, reducing body fat and seeing my muscles. Many women have concerns about getting bulky while strength training which I have not experienced at Fitness First. Founder Steve Ritz and the entire staff clearly understand client's goals and customize an exercise prescription to get clients moving toward their goals. Strength training at Fitness First is very challenging. Even though I had soreness in the beginning it has made a very positive difference in my life. I am a die-hard Vikings fan and have needed to stand on my tip-toes through an entire game in order to see the action. Strengthening my body at Fitness First has made this possible without it being an excruciating experience. My body naturally wants to limit what I can do as I age. However, by strength training at Fitness First, I am able to keep doing what I love and intend to continue prioritizing my health for many years."

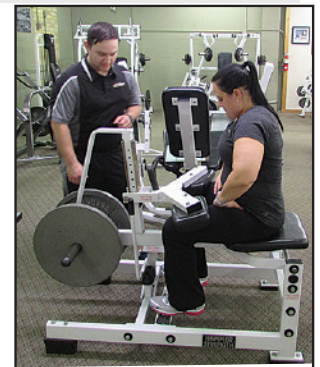
Stump The Staff Your questions answered

Q: When should I replace my athletic shoes?

A: Replace your athletic shoes every 500 miles which is equivalent to 6 months of daily use.

Factors increasing shoe deterioration

- Amount of Activity
- Running .vs. Walking
- Activity Surface
- Body Weight
- Gate/Foot Strike



Tony assisting Rosalyn to strengthen her legs on a Hammer Strength seated calf machine.

BE STRONGER FOR YOUR JOURNEY

FITNESS FIRST

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