



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...



Sandy Cooper performing a manual resistance shoulder activity with Fitness First Fitness Specialist Nick McCoy.

of 2015 with Steve and we have been making strength training appointments ever since.

“We own the grocery store in Chaska and plan to continue working there as long as possible. We also intend to stay very active as we age and the strength training appointments at Fitness First are helping us accomplish this. I certainly would not call the strength training appointments at Fitness First fun, however, they are definitely rewarding and purposeful. I have seen significant results from the strength training I have completed thus far. It is really in the small victories where I have experienced benefits. For example, in the store I can take a case of 12 one-liter bottles and put it on a shelf above my head without feeling concerned about dropping it. We also have six grandchildren and want to watch them grow up while actively participating in their lives. My bucket list includes travel plans such as a European river cruise. The traveling I have done since starting the strength training at Fitness First has been much easier for me. My energy levels are higher which makes it easier to maintain through all of my daily activities. Sometimes I am actually surprised at the tasks I attempt. I find myself thinking ‘Am I supposed to be able to do that?’ but then I realize I can! Strength training at Fitness First is a very positive experience I would highly recommend for anyone.”

Sandy Cooper, 68, long-time resident and business owner in Chaska noticed she was losing muscle as she aged.

“I had heard Steve Ritz, founder of Fitness First, explain just because a person ages does not necessarily mean they have to lose strength. I found this concept very intriguing. I also have a neighbor who makes strength training appointments at Fitness First with many benefits and positive things to say about his experience. These things prompted my husband, Gary, and me to schedule a consultation appointment in January

Stump The Staff Your questions answered

Q: Are there upper and lower abdominal muscles?

A: The abdominal muscles include:

- External Oblique
- Internal Oblique
- Transverse Abdominis
- Rectus Abdominis

It is impossible to strengthen the lower portion of the abdominal in isolation of the rest of the abdominal muscle. When innervated the entire muscle is contracted from origin to insertion to cause an action.



Fitness Specialist Nick McCoy coaching and supervising Sandy on a Nautilus leverage leg press.

BE STRONGER FOR YOUR JOURNEY

FITNESS FIRST

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