



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...

"I started training at Fitness First because I wanted to increase my strength and get leaner," Sue Steinhagen, 30, Norwood, said. "However, after only a few months, I learned that I needed to undergo a significant surgery. When the surgery was complete, I was so scared. I couldn't even lift my arms, much less lift any weight.



Sue Steinhagen trains with Fitness First Specialist, Greg Gerding

"I was given the option of using traditional physical therapy," Sue said. "Instead I opted to go sign up for more sessions at Fitness First. I have to say, they were absolutely the cornerstone to my recovery. When I first met with the staff, the thought of attempting a workout was terrifying. Steve, Tara and the rest of the staff recognized that I basically had Mount Everest to climb during my recovery. However, they helped me understand that I needed to start at the bottom and slowly improve."

This was not a new situation for the Fitness First staff. Steve Ritz, owner, has trained numerous healthy and injured professional athletes. This background brings the necessary knowledge to help almost anyone with postoperative issues.

"The staff at Fitness First exhibits pure professionalism," Sue said. "When I went back to my surgical team for a recheck, they were amazed by my speedy recovery. They wanted to know which Physical Therapist I had used. I told them I preferred to rehab at Fitness First."



Sue Steinhagen is all smiles after she trains at Fitness First

Unfortunately, Sue faces another surgery this December.

"I want to be in the best physical condition I can be before the surgery," Sue said. "When I train at Fitness First I get a total body workout. I've even done exercises to strengthen my neck muscles, something I've never thought of working on before. As Steve explained it to me, your head is like a bowling ball on a stick.

Don't you want that ball to be stable? I go to Fitness First because their training works. I feel physically solid, not weak, and that feels great!"

BE STRONGER FOR YOUR JOURNEY

FITNESS FIRST

(952) 448-4322 • Chaska, MN

(952) 401-4322 • Excelsior, MN

www.fitnessfirstmn.com