



# 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.

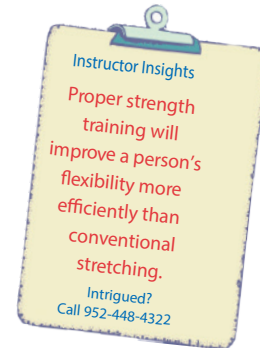
Steve has researched and developed a prescription for exercise requiring only one or two intense 30-60 minute appointments a week.

**Read about the success of one of Fitness First's Clients...**



Fitness Specialist Nick McCoy working with Susan to strengthen muscle tissue on the lower portion of her legs.

Susan Gund, a 61 year old Waconia resident, has been reading the Fitness First diaries in the Waconia Business for many years without taking action. However, in May 2011 when reading one of the diaries about a 66 year old Fitness First client, Susan realized she had not exercised for over a year, gained weight, was about to turn 61 and decided it was time for change.



"Being a mother of 3 grown sons, 9 grandchildren and 1 great grandchild along with my work schedule keeps me busy, but I haven't been nearly active enough to stay in shape," Susan said. "I needed to do something just for me.

I work in a sterile processing department at a hospital and my work involves lifting heavy instrument trays and standing for long periods of time. Doing this type of work can be physically stressful which is why I would like to improve my fitness. Fitness First structures my exercise prescription to address two main issues: improving my muscle strength enabling me to handle physical challenges and improving my endurance to withstand the long periods of standing at work. In the past, my knees used to lock up and I felt very stiff at the end of the work day to the point where it was difficult to move. Now, I am able to withstand the work stresses on my body with decreased discomfort. The appointment only strength training has improved my metabolism allowing me to make significant progress toward my fitness goals. I hope to focus on my nutrition because when I don't eat properly I feel as though I am sabotaging my strength training at Fitness First. I also appreciate the fact that I have an appointment with a Fitness First staff member providing accountability. Regardless which Fitness First staff member works with me, I find them to be remarkably consistent and very focused. Another benefit is the fact that the exercise prescription changes every twenty appointments alleviating issues with boredom. I have really grown to appreciate my appointments at Fitness First."



Susan using a Hammer Strength biceps machine with instruction from Fitness Specialist Nick McCoy.

## BE STRONGER FOR YOUR JOURNEY

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