



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...

Tracey Mankowski, as many people are today, is concerned about good health, good eating habits and making time for exercise. However, Tracey, a 38 year-old sales executive, goes a step further to prioritize her health and fitness. Tracey's passion and interest in mountain and rock climbing led her to begin training at Fitness First.

"To be a good mountain climber, to challenge one's body and get the most out of it and not feel any pain the next day, you have to be in great shape. Training at



Tracey Mankowski stretches after a great session

Fitness First over the past 4 and a half years has made me not only a better Mountain and Rock Climber but has put me into the best shape of my life."

Another aspect of Tracey's life that Fitness First helped facilitate is parenthood. "When I was pregnant I experienced pre-term labor and was put on bed rest for 3 months prior to delivery.

I was confined to one position all day with no movement and was instructed by my doctors not to even lift my head until three weeks before my due date. I believe the training I had done prior to my pregnancy not only aided in an easy 5 hour labor and delivery but also helped me maintain my muscle strength, agility

and even energy after the delivery. I was able to resume training seven weeks after I gave birth and I experienced no blood clots or high blood pressure during the entire period."



Tara Seifert, Fitness Specialist, trains Tracey

Tracey went on to mention the many things she love's about Fitness First. "The staff is great and they develop and implement a program specifically for you. The private appointment only facility means you never have to wait and the one-on-one attention can not be beat. Fitness First puts you in control gives you a challenge without harming your body. The workouts are not about burning calories through cardio workouts, but by building muscle to enhance your metabolic rate. I am a firm believer just doing cardio is not enough."

It may have been Tracey's quest for improvement in climbing that brought her to Fitness First, but she says that it is what she has accomplished at Fitness First that has kept her there. "I climb better and am able to tackle new challenges in all my sports. If I had to pick between cardio and workouts at Fitness First, without a doubt, I would choose Fitness First!"

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FITNESS FIRST

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