

October Fitness Diary

Steve Ritz, exercise physiologist, founded Fitness First in 1998 located on East 2nd St. in Chaska, (952) 448-4322. His second location, conveniently located at 23505 County Rd. 19, Suite 150 in Excelsior, opened in 2008, (952) 401-4322. Steve has developed a prescription for exercise called the SEE-FIT training system. The SEE-FIT system encompasses workouts that are SAFE, EFFICIENT and EFFECTIVE -- all in just two intense 45-60 minute sessions a week. Each month we will be profiling the personal experiences of actual Fitness First clients.

Usually it's parents that encourage their children to participate in healthy activities.

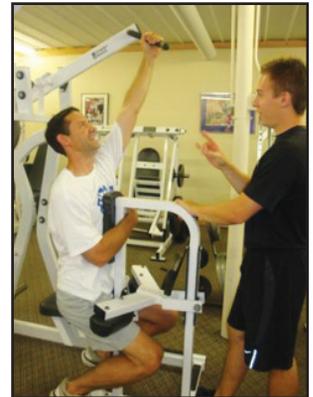
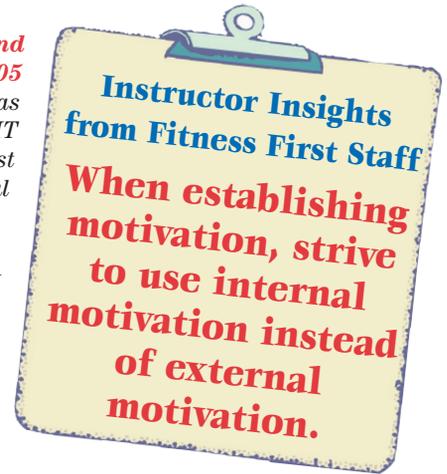


Fitness Specialist Nick McCoy performing a manual resistance shoulder activity with Dave.

However, for 42 year old Dave Van Sant it was his children that motivated him to explore strength training at Fitness First. His sons, William (15), and Zachary (11), have trained at Fitness First and Dave was impressed with the results both boys were achieving in their sports endeavors.

"I wanted to begin training sessions for myself," Dave said, "but at the time I had a broken hand. I was not sure I could go through the routines effectively that way. Steve Ritz (founder of Fitness First) was able to structure a program that allowed me to strength train even with the limitations of a broken hand. Now I strength train almost exclusively with Nick and I cannot believe the results I have achieved in less than 6

months! My stress level has reduced and I have lost 20 pounds. Even more importantly, I have accomplished my goals of improving the muscle strength in my lower and upper back as well as my shoulders. Steve refers to these muscles as the 'posture muscles,' that are enormously important as you age. Steve is quick to point out that the six pack abs or bulging biceps 'vanity muscles' we see on commercials and in magazines may look appealing, but it is the upper and lower back muscles in addition to the posterior shoulder muscles that help us improve posture. I really appreciate training at Fitness First because the staff does a fantastic job helping me achieve my goals. I also love being able to get a fantastic workout in less than an hour twice a week. I live in Excelsior and work in Chaska, so for me either location would have been a convenient option. Now when I play football with my boys, I have much more endurance, especially since I am not carrying around as much weight. Going to Fitness First has had a positive impact in all areas of my life."



Nick instructing Dave on a Hammer Strength pull-down machine.



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