

# November Fitness Diary

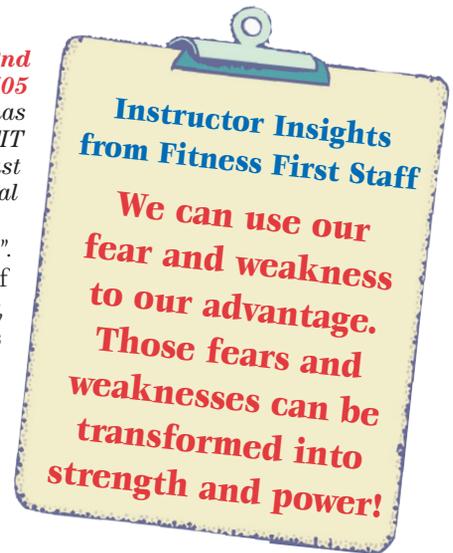
**Steve Ritz, exercise physiologist, founded Fitness First in 1998 located on East 2nd St. in Chaska, (952) 448-4322. His second location, conveniently located at 23505 County Rd. 19, Suite 150 in Excelsior, opened in 2008, (952) 401-4322. Steve has developed a prescription for exercise called the SEE-FIT 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.**

Two years ago, like many other adults, Joan Ellis was a confirmed "couch potato". She was not interested in exercise, and had never participated in any sort of fitness training, or organized sport. However, in January 2010, Joan's story took a unique turn. After being a smoker most of her life, and being diagnosed with emphysema, she decided to make some health changes.



*Fitness Specialist Greg Gerding training Joan on a Hammer Strength wide chest machine.*

"I made a decision that I was going to change my life no matter what," Joan said. "My lungs were troubling me, my breathing was bad and when anyone gave me a bear hug my ribs hurt like crazy. In addition to these problems I have been experiencing a typical amount of arthritis for most "baby boomers." An acquaintance referred me to Fitness First. I found that it was conveniently located to work and home and I felt I had to give it a try. Founder, Steve Ritz, conducted a consultation with me to explain the Fitness First training philosophy and discuss my fitness goals. Initially, I was very anxious since I have never participated in a supervised fitness program. Fitness First designed an exercise prescription that would improve my lung capacity as well as my muscle strength and endurance. I have discovered that Fitness First is a very special business with an awesome staff. My strength training appointments at Fitness First have literally made a new person out of me and helped me develop a body I never realized would be possible. I have always been tall and thin, but have had poor mobility. I went from barely being able to lift 5 lbs to lifting 25 lbs consistently. Due to the loss of lean muscle tissue my metabolism had been slowing. The strength training at Fitness First has reversed that process. It has made my muscles firmer, I can breathe easier, I feel much better, and have drastically decreased my level of stress. My story is proof that it is never too late to start living healthier and attain dramatic results. Improvement of my health has become a personal journey that I have prioritized."



*Joan performing a back activity with assistance from Greg.*



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