



Fitness First Founder,
Steve Ritz

June Fitness Diary

Steve Ritz, Exercise Physiologist, founded Fitness First in 1998 located on 115 East 2nd St. in Chaska, (952) 448-4322. His second location, conveniently located at 23505 Smithtown Rd./Cty. Rd. 19, Ste. 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 one or two intense 30-60 minute appointments a week. Each month we will be profiling the personal experiences of actual Fitness First clients.



Parker Bjorklund performing a manual resistance shoulder activity with instruction from Fitness First Instructor Nick McCoy.

Parker Bjorklund, a 16 year old sophomore at Chaska High School, is getting a head start on life. "My brothers and I operate social media accounts where we promote and advertise other companies," Parker said. "It is a great part time job with flexibility to work around my school, basketball and cross country schedules. When I graduate from High School, I want to attend college, major in business and work in marketing."

Parker is also concerned about his health and fitness. "I am 6'1 and really want to increase my muscle mass," Parker said. "My dad strength trains at Fitness First and suggested I try strength training there to reach my athletic goals. Since December 2015 I have been making strength training appointments at Fitness First. I have added 15 pounds of muscle which is definitely helping me in both of my sports. I am a stronger rebounder in basketball and my times are improving in cross country."

As a young man, Parker recognizes the value of his experience at Fitness First. "I would tell people of any age to strength train at Fitness First because it really works. I like the environment and all of the staff members. The staff does a great job coaching me on every activity. They also educate me on proper nutrition helping me recover quicker and increase my muscle mass. When I first started strength training at Fitness First I was pretty sore after the first few appointments. Now after an appointment, I feel tired in a good way like I accomplished something. The strength training at Fitness First is definitely worth it. I am glad I started strength training at a young age and plan to continue through my high school career and beyond."



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Stump The Staff
Your questions answered

Q: Should I eat before or after I exercise?

A: Eat before and after exercising.

Before exercise energy is needed for fuel.

- Do not exercise on an empty stomach.
- Eat 30-60 minutes before exercising.
- Consume 200-500 calories.
- Consume carbohydrates and protein.
- Do not exercise on a full stomach.

After exercise energy is needed for body recovery and muscle rebuilding.

- Eat 30-90 minutes after exercising.
- Intensity of exercise will determine the calories needed.
- Combination of carbohydrates, protein, and healthy fats.

Post exercise consumption of low fat chocolate milk will replenish glycogen, protein and rebuild muscle.



Nick McCoy assisting Parker strengthen his hamstrings on a Hammer Strength leg curl machine.