



Fitness First Founder,
Steve Ritz

October 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.



Andrew Westgor using a Nautilus leverage row machine with instruction and supervision from Fitness Specialist Nick McCoy.

Andrew Westgor, 16, began his junior year at Chanhassen High School in August of 2016. He is focused on the challenge of finishing high school strongly, preparing for college while still making time to have fun. Andrew enjoys boarding (both skate and snow), playing guitar, shopping, cooking and hanging with friends. In conjunction with all of his other activities, strength training at Fitness First is something he is planning to prioritize regardless how busy his junior year becomes.

“When I was younger, I was very heavy,” Andrew said. “I was not participating in organized sports and spent much of my time very inactive while eating the wrong foods. I decided I did not want to live that way and deliberately changed my life. I really improved my nutrition and began

running. This approach enabled me to lose a significant amount of weight in a short period of time. However, since I am 5’11” I realized I looked scrawny and lanky which fueled a desire to add strength training to my fitness plan.”

Andrew’s dad had made strength training appointments at Fitness First and encouraged Andrew to do the same.

“I began making strength training appointments at Fitness First in February 2015 and would strongly recommend Fitness First to anyone,” Andrew said. “I value having one of the Fitness First instructors coach me at every appointment through each exercise making sure I get the most from my workout. Since the commitment is only twice a week I still have time for my girlfriend, my other friends, and hobbies as well as the needed time to succeed in school. This school year I am taking AP classes for the first time and I know I will be very busy with homework. The junior year of high school is a very important year. This is when students take the college entrance exam as well as begin the college selection process. I have a strong interest in pursuing a career in the medical field and realize I need an excellent GPA to be admitted into the appropriate college. My mental clarity and focus at school has improved significantly since I have started making strength training appointments at Fitness First. I have had a very positive experience.”

Stump The Staff
Your questions answered

Q: Should I exercise when I have a cold?

A: Yes exercise will:

- Help clear congestion.
- Help reduce aches and pains.
- Help reduce headaches and sore throats.
- Keep you in the exercising habit thus avoiding long gaps without exercise.

Research has concluded:

- Colds do not impair lung function during exercise.
- Exercise performance is not impaired with a cold.
- Post exercise, people feel better and cold symptoms were the same or reduced.



Fitness Specialist Nick McCoy assisting Andrew strengthen his abdomen on a Nautilus abdominal machine.



(952) 448-4322 • 115 E. 2nd St., Chaska
(952) 401-4322 • 23505 Smithtown Rd./Cty. Rd. 19, Ste. 150, Excelsior
www.fitnessfirstmn.com