

# Fitness Diary!

*Steve Ritz, exercise physiologist, founder of Fitness First, 115 E. 2nd St., Chaska, 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.*

“I was at a brunch at Canterbury Downs when someone walked up to my wife (who is a physician) and started talking to her about referring people to Fitness First,” Dave Brown 41, Shakopee, said. “I listened for a while and then said ‘That’s exactly what I need! Where do I sign up?’”



*Tara Seifert, Fitness Specialist, trains Dave Brown*

That was over five years ago and Dave has turned from an “out-of-shape, workaholic desk jockey” into a “pretty good shape, hunter, hiker, and amateur cattle rancher.”

As Dave found, Personal Training is no longer just for professional athletes or movie stars. Everyone, from a new mother who has never exercised to a 20-year gym veteran can benefit from the sessions at Fitness First. The Fitness Specialists at Fitness First help clients to achieve their goals in a safe and effective manner.

“My workouts at Fitness First are definitely worth the time and money,” Dave said. “They help you to stick with it. Everyone

I’ve worked with has been nice and down-to-earth. The facility atmosphere is folksy and comfortable but the equipment and staff knowledge is first class.”



*Dave works with Tara Seifert, Fitness Specialist.*

Getting in shape is never easy, but it can be even harder if you try to go it alone. If you have had any kind of injury or a health issue, exercise can make things worse if you try to workout by yourself. But getting fit can have other benefits besides the typical weight loss and toning.

“I’m a CPA attorney by training, but I’ve worked in real estate for 25 years. Since receiving Personal Training at Fitness First I’ve noticed that I can think more clearly and I’m not as irritated as easily. It’s been an all around good experience that has really changed my life. I definitely feel like I’m going to live longer.”



(952) 448-4322 • [www.fitness-first.org](http://www.fitness-first.org)  
115 E. 2nd St., Chaska