

April 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, 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



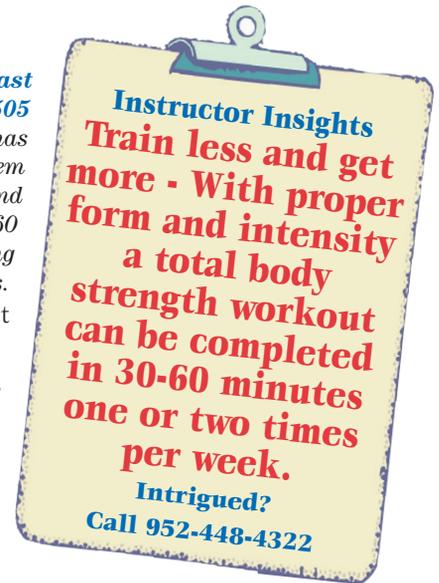
Debra training her legs on a Nautilus leg press.

encompasses workouts that are SAFE, EFFICIENT and EFFECTIVE -- all in just one or two intense 30-60 minute sessions a week. Each month we will be profiling the personal experiences of actual Fitness First clients. In her late 50s, Debra Jungclaus, felt totally out of shape.

"I felt tired, my legs felt weak and non-muscular," Debra said. "Mentally I didn't feel old, but I was beginning to feel physically old. I remember thinking 'is this what getting older is going to be?'" While reading one of the fitness diaries in *Waconia Business*, she decided to give strength training at Fitness First a try.

"The Chaska location is convenient for me," Debra said, "and they could accommodate my schedule. I have recently renewed, purchasing my second training package and can't imagine stopping. I feel much better, my sleep has improved, my clothes fit better and my husband says I look better. Over the years

I tried different approaches to improve my fitness but it never worked because other approaches lacked accountability. I discovered for me to have success with strength training I need the structure of an appointment only situation such as what I utilize at Fitness First. I need an appointment because without the appointment I lack the motivation and discipline to train on my own. I have also grown to appreciate the knowledgeable staff at Fitness First. The instruction I receive at Fitness First is incredible ensuring that I get fantastic results. Both my parents have exercised throughout their lives and are in good physical condition. I realized I wanted the same for myself and understand it is never too late to start. My legs feel stronger and I no longer have that weak uncomfortable feeling from 'mushy' muscles. My new goal is to reduce my body fat, so I can look and feel my best!"



Steve providing instruction to Debra on a Hammer Strength biceps machine.



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