



Fitness First Founder,  
Steve Ritz

## 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, 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.



Gary Welch using a Nautilus hip abduction machine with instruction and supervision from Fitness Specialist Tony Austad.

Gary Welch, a Chanhassen resident who is retired from owning his own machine tool company, started making strength training appointments at Fitness First in April of 2015.

"I grew up in Edina, playing hockey," Gary said. "I have always been active, spending time golfing, walking and biking. However, as I aged, I noticed a decline in my fitness level. My wife, Brenda, and I travel often and I want to be able to be healthy enough to enjoy an active lifestyle.

"I have experienced back and neck issues recently and my enjoyment of hobbies such as woodworking, biking and golfing was impacted. The back and neck problems made these activities very difficult. This motivated me to take action allowing me to continue these hobbies pain free. Since I have started making strength training appointments at Fitness First my back and neck pain has reduced and I have also experienced a decline of pain in my knees and hands. The strength training appointments at Fitness First are with very knowledgeable professionals in a very comfortable atmosphere on great equipment. The exercise prescriptions are fantastic as well. The staff creates a plan specifically for me addressing my goals and objectives. Prior to my experience at Fitness First I had never participated in a formal strength training program. This experience has caused me to really value the instruction and supervision I receive at every Fitness First appointment. This attention to quality ensures I perform each activity correctly and get maximal benefit at every appointment. The appointments are very strenuous. However, I wake up the morning after my appointment feeling great. I definitely believe strength training at Fitness First has been worth my time, effort and money."

### Stump The Staff Your questions answered

**Q: Does a person in better physical condition sweat more?**

**A:** Factors determining how much a person sweats include: gender, body composition, number of sweat glands, skin surface area, nutrition, environmental conditions, and genetics.

Fitness level is also a factor. People in better condition are capable of sweating more because a higher fitness level allows them to do more physical work.

The more work performed generates additional body heat requiring increased sweating to regulate body temperature.



Fitness Specialist Tony Austad coaching Gary on a MedX leg curl machine.



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