

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.

Jeff Mankowski, Edina, 47 years old, is lean, trim and athletic—the very picture of “in-shape.” However, this wasn’t always true.

“I have health issues,” Jeff said, “and at one point my weight ballooned up over 200 pounds. I realized I had to do something about my health. I lost a bunch of weight, in fact too much weight, but I still wasn’t really healthy.”

Eventually, Jeff’s search for better health led him to Fitness First.

“I’ve been working out here for the past three or four years,” Jeff said, “and I am healthier now than I have ever been. When I first came here, I needed to rebuild my health. I started paying attention to nutrition and started gaining muscle weight. I used to be a smoker...now I’m not. I love being outdoors, going backpacking, mountaineering, hiking. I need to be in shape to do those things. Working at Fitness First has enabled me to not only do the things I love, but to do them better!”

Like many people, Jeff has discovered that following a workout plan has an effect on all parts of life, not just a person’s weight or muscle strength.



*Jeff works with Nicole ?,
Fitness Specialist at Fitness First*

“I love a quote that I’ve seen here at Fitness First,” Jeff said. “It’s by Anthony Robbins and says, ‘We can make time for health now, or we can make time for illness later. The choice is ours every day.’ I want the time I have to be quality time and being in shape helps that happen. If I strength train, I don’t have to worry about my weight, because muscle burns more calories. I’m confident I’ll be here for my children as they grow up. I feel more awake and energetic in all parts of my life. I do better at work and I’m more available at home.

“I checked other programs out before I started at Fitness First, but what I found here was a fantastic facility and style. I’ve gone to gyms and seen people blasting through routines with no form and, therefore, with reduced effectiveness. Here you have a trained staff who know what they are doing and take your personal issues into consideration. They don’t let you get away with anything, so you get a proper, safe workout.”



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