

July 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.



Tony instructing and assisting Max with a shoulder press.

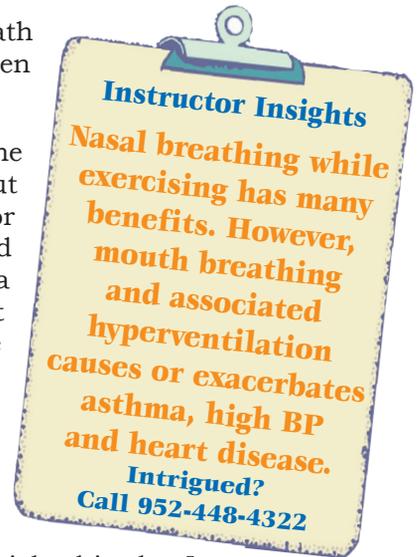
Max Jodeit, 74, a University of Minnesota Math Professor Emeritus is a man of few words when talking about fitness.

“I do not understand the science behind the SEE-FIT system utilized at Fitness First, but I do understand what it is suppose to do for me. My primary fitness goal when I contracted Fitness First was to improve my breathing for a high altitude trip. I started strength training at Fitness First in July 2011 as my wife and I were preparing for a two week trip to the Galapagos Islands, Peru and Quito, Ecuador. This trip of a lifetime included hiking, train rides, plane rides, climbing over rocks, and breathing in altitudes as high as 12,000 feet above sea level and then back down again to sea level.

To withstand these transitions from low to high altitudes I sure valued the benefits of my strength training appointments at Fitness First to breathe as normally as possible. I also experienced the benefits of strengthening my legs when

I had to walk on the rocky terrain.”

“In 2007 on another high altitude adventure in Glacier National Park our guide had me unload and divide my heavy pack among my companions. This experience was another reason I contacted Fitness First. The most recent trip was at even higher altitude and I had no problems. I also have scoliosis and arthritis which the staff at Fitness First has helped me address. I am glad I purchased strength training appointments at Fitness First. I have found the appointments to be beneficial and the trip might not have gone nearly as well had I not prepared at Fitness First.”



Max strengthening his neck with Fitness Specialist Tony Austad.



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