

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 started training at Fitness First because I wanted to increase my strength and get leaner," Sue Steinhagen, 30, Norwood, said. "However, after only a few months, I learned that I needed to undergo a significant surgery. When the surgery was complete, I was so scared. I couldn't even lift my arms, much less lift any weight.



Sue Steinhagen trains with Fitness Specialist, Greg Gerding

"I was given the option of using traditional physical therapy," Sue said. "Instead I opted to go sign up for more sessions at Fitness First. I have to say, they were absolutely the cornerstone to my recovery. When I first met with the staff, the thought of attempting a workout was terrifying. Steve, Tara and the rest of the staff recognized that I basically had Mount Everest to climb during my recovery. However, they helped me understand that I needed to start at the bottom and slowly improve."

This was not a new situation for the Fitness First staff. Steve Ritz, owner, has trained numerous healthy and injured professional athletes. This background brings the necessary knowledge to help almost anyone with postoperative issues.

"The staff at Fitness First exhibits pure professionalism," Sue said. "When I went back to my surgical team for a recheck, they were amazed by my speedy recovery. They wanted to know which



Sue Steinhagen is all smiles after she trains at Fitness First

Physical Therapist I had used. I told them I preferred to rehab at Fitness First."

Unfortunately, Sue faces another surgery this December.

"I want to be in the best physical condition I can be before the surgery," Sue said. "When I train at Fitness First I get a total body workout. I've even done exercises to strengthen my neck muscles, something I've never thought of working on before. As Steve explained it to me, your head is like a bowling ball on a stick.

Don't you want that ball to be stable? I go to Fitness First because their training works. I feel physically solid, not weak, and that feels great!"



(952) 448-4322 • www.fitness-first.org
115 E. 2nd St., Chaska