

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 came to Fitness First through an interview process," Tim Kraft, 45, Chanhassen, laughed. "As I got older, I found that I had to eat less just to maintain my weight and I didn't like that. So, I decided to do something about it. I talked to many different personal trainers from different facilities, but Fitness



Chad, Fitness Specialist at Fitness First assisting Tim.

First was the only place where they actually explained what they would do for me. The other places just talked about how much it would cost."

Tim has always been a very active person. He has held a black belt in Karate for 11 years and he loves to slalom water ski. However, over the past few years, even this athlete noticed differences in his body.

"When I came to Fitness First, owner Steve Ritz explained that while the activities I was doing were good for me and, obviously, fun, they were just that - activities, not work outs. He recommended that I implement a full body strength training routine to increase daily caloric expenditure and kick up my body's metabolism continuously."

Tim now sees a difference throughout his life since starting to train at Fitness First.



Chad, Fitness Specialist at Fitness First, helps Tim maintain proper form.

"I don't think I've ever really had a self esteem issue that needed to be bolstered," Tim said, "but I'm starting to feel better about my age. For example, my lot where I ski has a steep vertical stair to get to the water. The past couple of years, I had found myself starting to pant going up and down. This summer I could run it with just a bit of heavy breathing! My muscles are getting stronger and

allowing me to do what I need to do without using my lungs and heart as much. Plus, my clothes fit better! I want my body to stay in shape so it can handle whatever happens as I age. I think that if people truly understood what they would get out of training at Fitness First, everyone would want to come here."



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