

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.

Mary Desautels, a 49 year old, nurse at Hennepin County Medical Center, was feeling a lack of energy.

"My work as a nurse requires that I am on my feet a lot," Mary said. "Plus, we have two children under the age of 10 and I want to be able to keep up with their active lifestyles. I had been reading the Fitness First Diaries in the *Southwest Business* magazine for a few months and decided I wanted to learn more about the program."

Mary and her husband began training at Fitness First in January of 2008.

"We don't train together," Mary said, "but both of us being clients at Fitness First brings benefits to our overall life together. The common experience gives us a point of connection. My experience has been very positive. I like the fact that the trainers are so encouraging. They cheer you on and help you get as much out of your body from the beginning to the end of your session. I found, when trying to train on my own, it was so easy to just stop when I became tired. After all, there was no one there to know if you didn't complete your routine. At Fitness First they really supervise your form and technique, making sure you get the most out of every session thus helping you pursue your goals."

Personal Training at Fitness First has helped Mary to increase her overall well-being, and it has had other positive impacts on her body as well.

"I just feel good in general," Mary said. "I have had problems with my hips in the past but now I have no pain or weakness in any of my joints or muscles. In



Mary training with Fitness Specialist,
Jeremiah Jones

fact, I feel like my entire body just keeps getting stronger. I enjoy both playing golf and riding my bicycle and with my increased stamina I am really looking forward to the warm weather to experience the benefits of my training while performing these activities!"

Besides training at Fitness First, Mary also does Yoga twice a week.

"One of the benefits I have noticed since going to Fitness First is that I have improved flexibility and increased strength while performing the Yoga exercises," Mary said. "Overall, going to Fitness First makes sense for me in so many aspects of my life. The appointment only approach at Fitness First with the knowledgeable, friendly staff holds me accountable to a consistent training schedule. This added motivation has led to more consistent results than I would have achieved on my own."

Mary anticipates a long involvement with the training program at Fitness First.

"I want to get in even better shape," Mary said. "I am looking forward to seeing even more improvements. Right now, I am very happy with the results I have attained in such a short period. I have really noticed improvement in the small everyday tasks as well. For example, reaching up and pulling the hatch to close the van, it used to be difficult - now it's not. Overall, I feel like everything has

become easier in my day to day life. That's a good thing!"



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