

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.

Michael Larson, husband and young Grandfather in his early 50's, never planned on training at Fitness Facility. Now you couldn't get him to stop if you paid him.



Mike performing the leg press

“I feel great and plan on always continuing my workout program at Fitness First,” said Michael. “Why would I stop something that works so well? Personal training at Fitness First has helped my body and soul more than one could know unless they experience it themselves.”

It was Mike's wife, Robyn who first introduced him to

Fitness First less than 2 years ago. During the first couple weeks of training Mike's body ached so much that he kept asking himself, “Why did I ever get involved with this?” However as he built up his strength and endurance he began to feel better than he had ever felt.

“The reason my body hurt so bad was from years of sitting at a desk and not doing anything,” Mike said. “Even the new fitness and exercise room in my renovated ranch sat unused far too long. I needed to have an appointment somewhere to be effective with a fitness routine. That's where Fitness First heavily came into play. My wife and I run a large construction company and employ around 150 people. This is a stressful role and one I enjoy, but unlike when I began 26 years ago I no longer do the physical construction work myself. By training at Fitness First, I have reduced my stress level, and they have kept me working out consistently so I am stronger physically. I even plan on water skiing again this summer which I have not done in years!”

Mike also had a lot of pain from old high school wrestling knee and shoulder injuries.



Mike training with fitness specialist, Greg Gerding

“When I told Fitness First owner Steve Ritz about the pain, he customized a routine to help me build more strength,” Mike said, “but over time it became apparent that more help would be needed. This past summer I consulted an Orthopedic Surgeon and had arthroscopic knee and shoulder surgery. Had I not gone to Fitness First or met and consulted with Steve, I may never have resolved my problems and had painful years risking more damage to my body.”

Going to Fitness First has had a very positive impact on Mike's life.

“I can't recommend coming here strongly enough to anyone that wants to increase their energy, reduce stress and improve their fitness,” said Mike. “In fact, why wait to do something good? Don't waste any more time and don't give it another thought. Go now! Get off your chair and start feeling better.”



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