

Fitness Diary!

Steve Ritz, exercise physiologist, founded Fitness First in 1998 located on East 2nd St. in Chaska, (952) 448-4322. His second location, conveniently located at 23505 County Rd. 19, Suite 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 two intense 45-60 minute sessions a week. Each month we will be profiling the personal experiences of actual Fitness First clients.

Nancy Wittman is interested in aging gracefully. "I recently turned 50 and decided to stop procrastinating about my health and wellness. I did not feel good and I realized if I wanted to live a longer healthier life, I needed to improve my fitness and start taking better care of myself."

In the past Nancy had tried Jazzercise, taken various aerobic classes, and at one time, even taught an aerobic class, but she had always struggled with motivation.

"None of these approaches ever kept my interest," said Nancy. "However, since starting to strength train at Fitness First in June 2009, I have discovered what I consider to be real fitness training. I like owner Steve Ritz's approach. He gathers information about your fitness goals and customizes the fitness program based on your goals. There are no one size fits all cookie cutter routines at Fitness First. Ironically, the main thing I was looking for was also the thing I feared the most. I wanted the one on one attention of personal training, but my perception was that type of training was for Hollywood types - certainly not for me."

Nancy quickly found that her perception was wrong.

"I feel so comfortable at Fitness First," Nancy said. "In the short time I have been strength training there, I can already feel the difference. The training and staff expertise have far exceeded my expectations. I feel better, both physically and emotionally and my strength and confidence have increased as well. My normal aches and pains, along with some back and joint pain have disappeared. I have not felt this athletic in years!"

The demands of Nancy's job keep her on her feet, walking up and down flights of stairs several times a day.



Nancy being assisted on a Hammer Strength back machine by Fitness Specialist Scott Mangen.



Scott instructing Nancy on a Hammer Strength pullover machine.

"I have much more stamina since I began my training," Nancy said, "and can literally feel the difference at the end of the day. I can stand for longer periods of time without any discomfort, feel more energized and much less stressed. Many times I leave work, headed for my training session and feel as if I do not want to keep my appointment. Then I get into the routine and within 10-15 minutes I trade the intensity of my job for the intense training at Fitness First. I leave feeling much more relaxed and very proud of what I have accomplished during my appointment."

Even Nancy's husband, Bob, has noticed a difference. "Bob was so impressed with my improvement that he has started strength training at Fitness First too," Nancy said. "My three grown daughters, who are all really physically fit, have been my greatest cheerleaders. Anyone that knows me well can already tell the difference. I can't ever imagine not training at Fitness First. I look forward to feeling even better as I age!"

Instructor Insights from Fitness First Staff

Attitude & Effort. 92 percent of why a person succeeds or fails in life is determined by attitude and 8 percent is determined by innate ability. Genetics is a reality, but often used as a crutch in our lives. Keep a positive attitude and make the effort to succeed!



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Look for new Instructor Insights inside! continued on page 4