

# August Fitness Diary

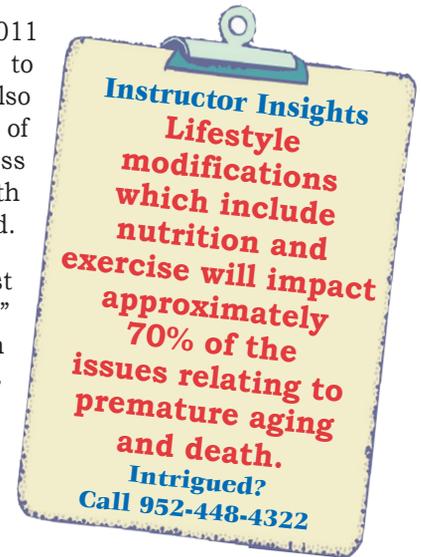
**Steve Ritz, Exercise Physiologist, founded Fitness First in 1998 located on 115 East 2nd St. in Chaska, (952) 448-4322. His second location, conveniently located at 23505 Smithtown Rd./Cty. Rd. 19, Ste. 150, in Excelsior, opened in 2008, (952) 401-4322. Steve has developed a prescription for exercise called the SEE-FIT training system. The SEE-FIT system encompasses workouts that are SAFE, EFFICIENT and EFFECTIVE -- all in just one or two intense 30-60 minute appointments a week. Each month we will be profiling the personal experiences of actual Fitness First clients.**



*Tony supervising and instructing Beth on a Nautilus Nitro back machine.*

Beth Briden discovered Fitness First in June 2011 while exploring safe options for her husband to strengthen his back after surgery. Beth has also experienced neck and back stiffness as a result of a car accident while vacationing in Hawaii. Fitness First's customized appointment only strength training is very appealing to Beth and her husband.

"The structure and accountability Fitness First offers works very well with my busy schedule," Beth said. "As a Dermatologist, owning my own practice, I need a fitness company that implements an efficient and highly effective approach, enabling me to maximize my time. Fitness First is the ideal answer to all my needs. My goals are to increase strength, metabolism and reduce body fat. I am effectively addressing all three goals at Fitness First. I enjoy playing tennis and my strength training at Fitness First is really helping my game. I have improved my endurance, flexibility and am hitting the ball better. My other hobby, gardening, is also easier for me. Strength training at Fitness First is truly a total body workout addressing muscles I did not involve with other fitness approaches. The efficient comprehensive approach at Fitness First became very evident at my first appointment. It is amazing how effectively I can strengthen my entire body in a short appointment twice a week. My ability to stand for long periods of time at work has improved and I am able to manage my stress more effectively. I value strength training at Fitness First so much I purchased a gift certificate for a package of strength training appointments to give to my brother and sister in law as well. They are also having a positive experience. The Fitness First staff is personable, knowledgeable and very professional. They are wonderful! I realize I have much better form, technique and results working with them than I ever could trying to do it on my own. My intentions are to continue strength training at Fitness First for a very long time."



*Beth performing an activity with Fitness Specialist Tony Austed to strengthen her triceps.*



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[www.fitnessfirstmn.com](http://www.fitnessfirstmn.com)