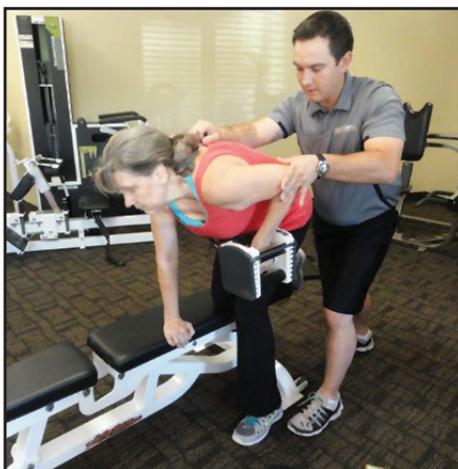


October Fitness Diary

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.



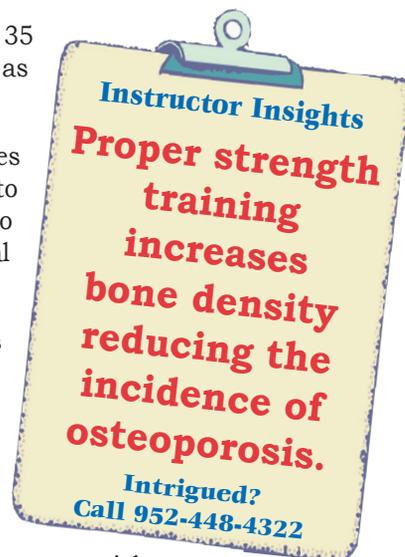
Tony performing an activity with Carrie to strengthen her back.

Carrie Champeau, 57 and married for 35 years, was dealing with muscle loss as well as osteoporosis related issues.

After reading the Fitness Diary articles in *Southwest Business*, Carrie decided to contact Fitness First in February 2013 to get professional assistance with her physical issues.

“I have a family history of osteoporosis which prompted me to take action in maintaining my own health. My desire was to strength train at Fitness First to add muscle, reduce body fat and improve bone density. I also was concerned that if I attempted to workout on my own, I would perform activities incorrectly and increase my risk

of injury. I have been strength training at Fitness First consistently twice a week for six months with very effective results. Being a mother of four, including a 24 year old recently married son, provided additional motivation to improve my fitness. My desire was to reduce body fat prior to his wedding. Two of my children have a genetic condition called Cohen’s Syndrome requiring me to provide care. The result of providing care makes my schedule very full. The efficient and effective strength training approach used at Fitness First works very well for me. The flexible schedule options in addition to the convenient location of the Excelsior office to my home are very valuable. The instructors at Fitness First are fabulous! They are friendly, professional and provide a strong level of accountability. The appointment only process at Fitness First encourages me to workout consistently leading to consistent results. I feel I have developed the discipline to get effective results. I also would never be able to safely use the sophisticated strength equipment Fitness First has without the supervision of the knowledgeable instructors. Fitness First has had a very positive impact on me physically and mentally.”



Carrie using a MedX row machine with instruction and supervision from Fitness Specialist Tony Austad.



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