

## June 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.

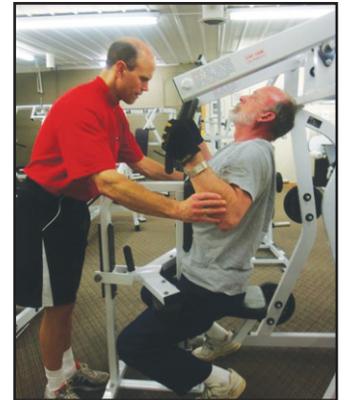
Larry Ellis, 64 years old had three goals in mind when he first consulted Fitness First: lose weight, improve his physical condition, and strengthen tissue around his injured knee to avoid surgery. After just 20 training sessions he has achieved all of his goals! Now he has established a new goal: "to continue strength training for as long as I can."

"An acquaintance of my wife's recommended Fitness First," Larry said. "We found the Chaska location is conveniently located between our home in Chanhassen, and my work in Chaska. Furthermore, everything about Fitness First is excellent, from the way the scheduling is handled to the professionalism of the Fitness First staff. I really appreciated the fact that during the

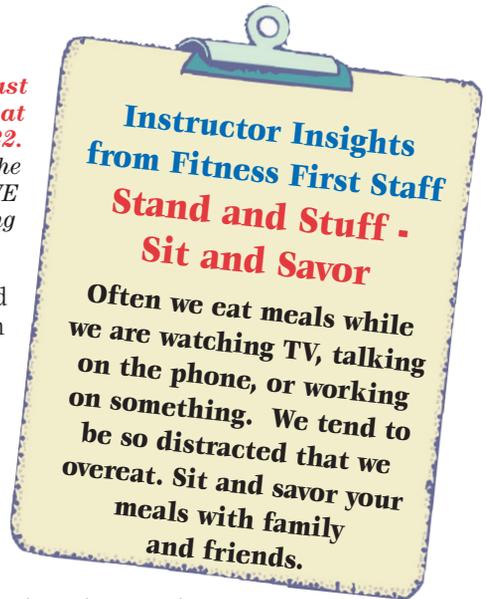


Owner Steve Ritz positioning Larry on a Hammer Strength rotator cuff machine.

initial consultation Steve asked 'what do you hope to achieve through strength training at Fitness First?' This opened up the lines of communication and enabled Fitness First to develop a customized program helping me achieve my goals and stay on task. I value the fact that the programs target all the muscle groups and focus on the entire body not just one area. My job requires me to meet major deadlines on a regular basis; it can be very intense and cause much stress. Since beginning training at Fitness First, my entire outlook has relaxed. I have improved my stress management and my blood pressure has stabilized at a healthier level. The entire training experience has had a very calming and tranquil effect lasting between my two weekly strength training appointments. This summer I look forward to seeing positive results in my golf game and while riding my motorcycle on the weekends. I have been riding for over 25 years and I can already tell the difference in my stamina as a result of my training at Fitness First. Who knows, maybe I will do a cross country road trip in the not so near future. Overall, training at Fitness First has been a very pleasant and gratifying experience in a great atmosphere that is conveniently located."



Steve instructing Larry on a Hammer Strength pulldown machine.



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