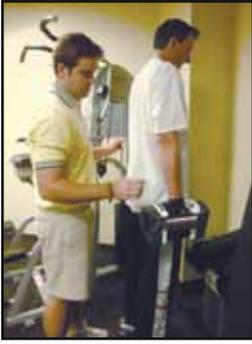


# Fitness Diary!

**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.**



*Fitness Specialist Ben Maisenbach instructing Doug with dumbbell shrugs.*

As a busy executive who travels overseas often Doug DeHaan felt he didn't have time to research different fitness options. He wanted to locate a fitness business that utilized an efficient training approach and provided flexible scheduling to accommodate his busy life.

"I consider myself to be in good physical condition," Doug said. "I do not carry much extra weight and am in good health. As I age I know I need to proactively address my health. When I saw what great results my wife, Gayle, had from strength training at Fitness First, I decided to give it a try."

Doug has been strength training at Fitness First since May 2009 and could not be more pleased. "I can make appointments around my busy schedule and receive the guidance and personal training I need. The Excelsior location is convenient because it is just minutes from where I live. I have already seen fantastic results. I feel more energized, my overall stamina has improved and my muscle strength has increased. The training appointments help me adapt and reduce the stress that is associated with frequent business related travel. Hauling luggage is easier and I have more endurance."

Doug really appreciates the fact that Fitness First provides intense supervised strength training.

"They train the entire body," Doug said. "The staff rotates routines providing total body results. The staff works your muscles to momentary muscle failure. If you attempted to strength train using this approach on your own you would not be effective. It is human

nature to stop. The staff at Fitness First help guide you beyond what you perceive to be your limit."



*Doug being assisted by Ben on the MedX Exercise Lumbar machine.*

Years ago, Doug often played basketball which resulted in deterioration of his knee cartilage. He has had several arthroscopic knee surgeries to correct this condition.

"Over the years I experienced pain in my knees," Doug said. "Since training at Fitness First I have really been successful at building up the muscles around my knees and have virtually eliminated the pain and discomfort. This winter, my

family is planning a ski vacation. I look forward to skiing with more stamina and less muscle soreness. I should be able to keep up with my sons on the slopes in Colorado. My goal is to feel like I'm 20 years-old, even 20 years from now! To enable this, I will continue strength training at Fitness First for as long as I can. When you feel better, your performance is enhanced at home and work. A person needs to maintain good health without sacrificing quality time with family, church or work. The appointment only strength training at Fitness First enables you to do that."



(952) 448-4322 • 115 E. 2nd St., Chaska  
(952) 401-4322 • 23505 County Rd. 19, Suite 150, Excelsior