

Be Stronger For The Journey



Jolene (R) and friend in Tampa, FL at the Publix Gasparilla Distance Challenge in February, 2017

Jolene Panciocco, busy career woman and mother of 8-year-old twin girls, was approaching 40 when she and her best friend decided to register for a half marathon in celebration of their birthdays.

“After registering for the Publix Gasparilla Distance Challenge held February, 2017 in Tampa, FL. I was very excited to have a specific event fueling my training,” Jolene said. “However, I was concerned about overuse injuries, such as stress fractures, I had experienced as I began the sport of running in March 2013. I was very nervous I would get injured preparing for the event and not be able to complete the race.”

Coincidentally, Jolene’s husband had just began strength training at Fitness First, so after he completed a few appointments she asked him about his experience. “After discussing the Fitness First services with my husband I realized strength training was something I was missing and probably a big reason for my past running injuries. With this in mind, I decided to purchase strength training appointments for myself.”

“I was a little nervous because I had never participated in organized strength training. During my initial consultation and in every appointment the Fitness First staff has been very in-tune with my goals allowing me to feel confident I can run safely.

“February 26th, 2017 was the real test of my training and I had a fantastic experience! I completed the half marathon and felt great after. I feel very healthy since I began strength training at Fitness First, and the appointments have become an important part of my lifestyle. I look forward to preparing for future races, and Fitness First will continue being a very important component of my preparation.”



Fitness First Founder,
Steve Ritz

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 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.



(952) 448-4322 • 115 E. 2nd St., Chaska
(952) 401-4322 • 23505 Smithtown Rd./Cty. Rd. 19, Ste. 150, Excelsior
www.fitnessfirstmn.com