

March 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 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.

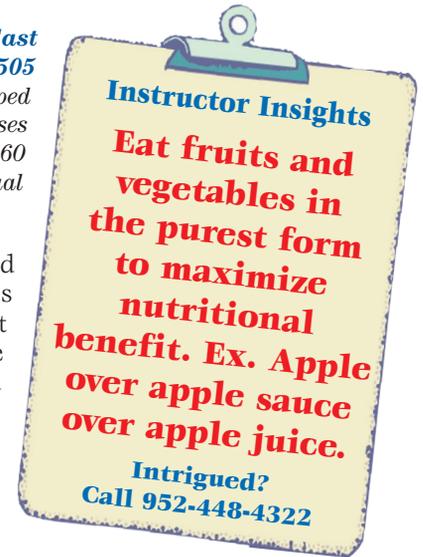


Fitness Specialist Nick instructing and assisting Mark on a Hammer Strength biceps machine.

Mark Jungclaus, 54, Vice President of Sales and Marketing for Metal Matic and owner of Jungclaus Implement Lawn & Garden and Jungclaus Carquest has a very busy schedule. He commutes around the entire city on a daily basis from his home in Norwood to downtown Minneapolis to Glencoe and back to Norwood to tend to his job related responsibilities. His most important stop comes twice a week when he makes a detour into Chaska to Fitness First for his strength training appointments.

Mark attempts to have the same level of focus at his Fitness First appointments that he uses on his business tasks. "I would like to improve my fitness, reduce my body fat and run marathons as I have in the past. When my wife Debra, a Fitness First client, suggested I contact Fitness First in February, 2011, to assist me with my goals, the timing was perfect for me. I ran marathons in many cities before my body fat increased and my fitness level declined. My running has decreased and I miss it very much. I

have two sons in college allowing more flexibility to make my strength training appointments. Fitness First provides flexible scheduling options so I can make my no frills 45 minute appointments and get back to work efficiently. I appreciate the one-on-one instruction I receive ensuring I perform every activity safely, efficiently, and very effectively. After I complete my appointment I feel very energized, less stressed and overall much better about myself. The benefits spread to other areas of my life including my eating habits. I do not want to sabotage my progress by eating poorly. I have experienced benefits in so many areas of my life. My plan is to strength train at Fitness First until I reach my current goals and then I intend to set new goals. I appreciate the support and motivation I receive at Fitness First and plan to strength train at Fitness First for a long time."



Mark using a Nautilus hip machine with instruction from Fitness Specialist Nick McCoy.



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