

## December 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.

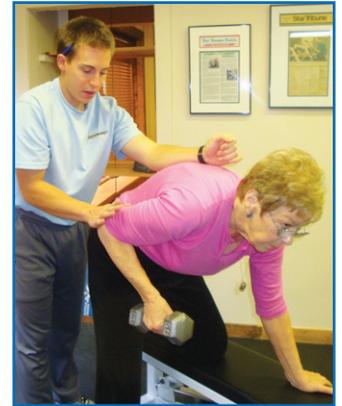


Fitness Specialist Nick McCoy assisting Pat on a Hammer Strength leg extension machine.

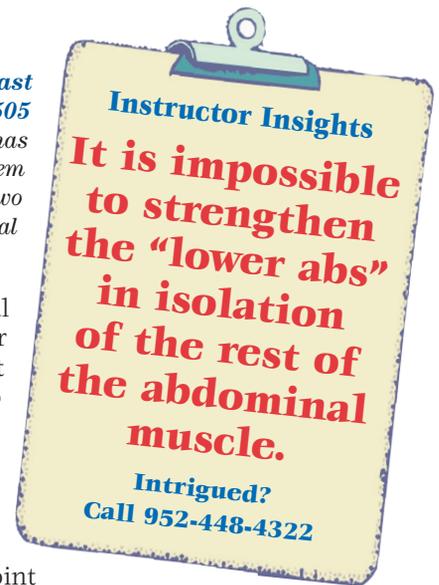
72-year-old Pat Wessale experienced several life changing events including the loss of her mother and a close family member. After that experience, she made a pact with herself to change her life physically, emotionally and spiritually.

"I had a cleaning career for more than 20 years and also spent hours on a computer completing a study course," Pat said. "I had reached the point where, because of my severe back and neck pain, I could barely move and needed to explore options to improve my fitness. In the last year I started reading the Fitness First diaries in the *Waconia Business*, and became very interested. March

2011, I decided to contact Fitness First to book an appointment for a consultation. I had an idea that I would have one training appointment at Fitness First and go home to do it myself. To my surprise, Fitness First performs 1-on-1 strength training which has truly been the key to my success. The staff at Fitness First has been terrific. They provide unique personalities, talents and expertise during the appointment. They treat you with dignity and are very respectful regardless of your age or skill level. I am so glad I decided to strength train at Fitness First. The experience has been life changing. I have improved physically to the point where I can clean an entire room with out resting and perform tasks properly so I won't injure myself. I am still cleaning weekly and can bend and lift and I feel better than I have in years. I can now walk around easily without pain and no longer have fear when I see a stairway. My neck and back pain has been reduced and I am now a size 10-12 something I never dreamed possible. I want to continue strength training at Fitness First and be around for my 12 grandchildren for a very long time. The strength training appointments at Fitness First are a change I plan to continue for many years."



Pat performing a back activity with resistance from Nick.



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