



# FITNESS DIARY

Steve Ritz, Exercise Physiologist, founded Fitness First in 1998 in Chaska. His second location in Excelsior opened in 2008. Steve earned a Bachelor of Arts degree from Gustavus Adolphus College and a Master of Arts degree majoring in Exercise Physiology from MN State University, Mankato.

Steve has researched and developed a prescription for exercise requiring only one or two intense 30-60 minute appointments a week.

**Read about the success of one of Fitness First's Clients...**



Alex training with Fitness First intern Nick McCoy

Alex Dascalos, a 41 year old, Sales Executive father of three, couldn't be happier with his decision to start training at Fitness First conveniently located in downtown Chaska. He is a testament to the fact that there is no time like the present to initiate a fitness program. Alex started just 11 weeks ago and is already seeing positive results.

Alex was not the type of guy that always worked out or was on any specific exercise regime, but when his cholesterol shot up, and he went through some weight gain, he thought it was time to get into shape. In just 11 weeks, going once or twice a week, Alex has already seen incredible improvement.

"I lost weight and realized that the next step was to firm up and get into better physical shape. It's amazing that I can already see so many positive results including feeling better, having much more energy and feeling healthier overall. Training at Fitness First has even improved my golf game! In the winter, I play basketball and I am looking forward to using my new found energy and stamina in that sport as well."

Alex went on to say that, "I really like the people at Fitness First. The staff is so fun and friendly. It's more fun than I ever imagined it would be. No matter what staff person I am working with, the training is consistent and positive. You can

go out and join a club but you won't get out of it what I get out of Fitness First. The one on one treatment can't be beat. It's fabulous.



Alex working on an abdominal exercise.

Besides the consistency in the training, the staff are so motivating. I really look forward to going each week and have recommended Fitness First to many friends."

As a Sales Executive, Alex's life is very busy. "I do a lot of entertaining, lunches out, dinners with clients, meetings, etc. I can't be on a set schedule. The fact that I can pick and choose times to train that work out for me is another great

aspect about going to Fitness First. They have a great, central location, which is an added bonus because I don't have a lengthy commute. In the future, along with keeping up my weekly strength training, I intend to purchase the nutritional advisement service to enhance my fitness training. I am very happy that I started at Fitness First and I look forward to seeing the results as I continue my weekly routine."

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