

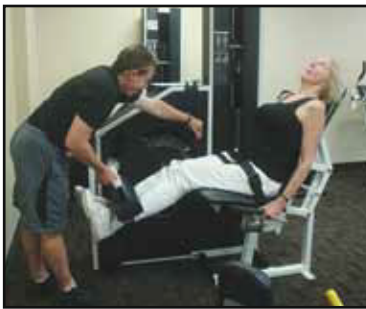


# FITNESS DIARY

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...**



Ann using a MedX Leg Extension machine under the supervision of Fitness First staff member Nick McCoy.

Ann May has been strength training at Fitness First since 2007 - ever since she was 71 years old. She has continued to train even after undergoing a mastectomy as a result of breast cancer.

"I don't have a woe is me attitude and am not afraid to share my experience with breast cancer," said Ann. "I want people to know that Fitness First caters to every situation."

After surgery, I was a little afraid to start training again, especially on my left side which is my weaker side. However, the staff at Fitness First was able to adapt my program to my post-surgery needs. They utilize the mind body connection enabling you to improve your mental and physical health." Ann has found that strength training at Fitness First has helped her in many different areas of life.

"I found Fitness First by reading the diaries in the Southwest Business," Ann said. "With my age and desire to improve my health, I was looking for a method to strength train that was safe. Any club will sell you a membership, but you are left on your own to use the equipment. From my point of view, that does not feel safe or effective. I discovered that Fitness First offered exactly what I wanted. The appointment only personal training is a great method for me to improve my physical fitness. Strength training at Fitness First has been a great fit for me and a choice I have never regretted."

Once Ann decided to strength train at Fitness First, her husband Ron became interested and purchased sessions as well.

"I am even encouraging my grown children who are in their 40s to participate," Ann laughed, "because, as I say, 'you're never too young to start personal training at Fitness First!' I live a very busy life which includes working full time as a legal case manager/consultant. I also enjoy sailing on our new sailboat and working in our garden. With the opening of the



Fitness Specialist Nick McCoy assisting Ann on a Nautilus Chest machine.

Excelsior location, I can train just minutes from home and my appointments fit beautifully into my busy schedule."

Ann has nothing but praise for the staff at Fitness First. "They are so skilled at customizing the program for your goals including varied routines so you are not doing the same routine each appointment. I can't use some of the equipment due to my surgery. However, the staff at Fitness First has made the

necessary adjustments so that I can take full advantage of my training session. I may miss a week here and there due to job related travel, but they always know exactly how to pick up right where I left off. Going to Fitness First is a part of my life that I plan to continue as long as I am able. I look forward to proving that you are never too old to improve your fitness. I look forward to continued improvement in my overall fitness during the coming years."

## BE STRONGER FOR YOUR JOURNEY

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