



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...



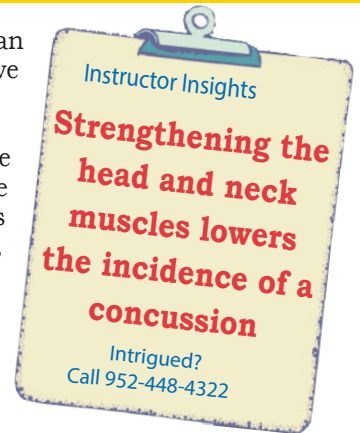
Anne Torrey performing an upper back activity with instruction and supervision from Fitness Specialist Tony Austad.

Anne Torrey 54, broke her right foot in October 2013 and as an empty nester had been looking forward to being much more active in her free time.

"I was immobile, sitting around with the broken foot losing muscle and gaining fat. I searched online and located Fitness First. The comprehensive rehabilitation approach used at Fitness First was quite attractive. I made an appointment to meet with Steve Ritz, the founder and discovered I would be able to rehabilitate my broken foot in conjunction with strength training the rest of my body to improve my fitness at one location. This approach was more appealing to me than traditional physical therapy. I was always strong, active and flexible but had lost strength as a result of the broken foot. I thought strength training for my entire body while rehabilitating my right foot would be an added benefit. The process went smoothly and allowed me to return to the activities I enjoy much sooner than I had expected. The rehab was completed long ago, but I am still going strong with my strength training. My Fitness First experience has been wonderful. I am very committed and value the accountability the appointment only approach used at Fitness First provides. Making consistent

appointments ensures I see consistent progress. The majority of my appointments have been with Tony and he has been great. He is very easy to talk to and coaches me every step of the way, ensuring I use proper form and technique."

Anne's position as a National Account Manager for an office solutions corporation requires high energy although there is a great deal of sitting at her desk and in the car. "Strength training at Fitness First helps me manage stress while keeping me moving," Anne said. "I am stronger and feel much more energized since I began making strength training appointments at Fitness First. My performance in other activities that I enjoy has greatly improved as well. I have more endurance while I cross country ski and hike. Since I have started strength training at Fitness First my aches and pains have also decreased. I have accomplished my initial goals and have raised the bar to keep improving in other areas. I also value the staff switching the workout routines frequently as well as the effective strength training approach used at Fitness First, ensuring I get in and out of my appointments very efficiently. The casual low pressure atmosphere inspires me to perform under my own terms without feeling like I have to compete with anyone other than myself. My Fitness First experience is worth the time, effort and expense to feel this great. I do not think I can beat the experience and can not imagine strength training anywhere but Fitness First."



Fitness Specialist Tony Austad coaching Anne on an Avenger leg press.

BE STRONGER FOR YOUR JOURNEY

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