

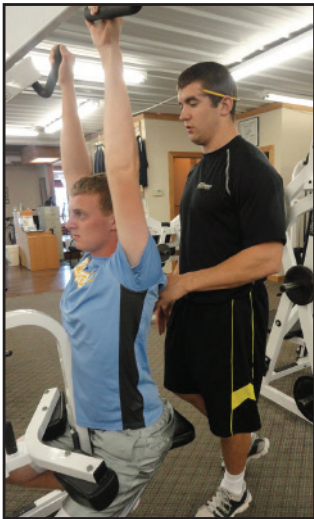


FITNESS DIARY

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.

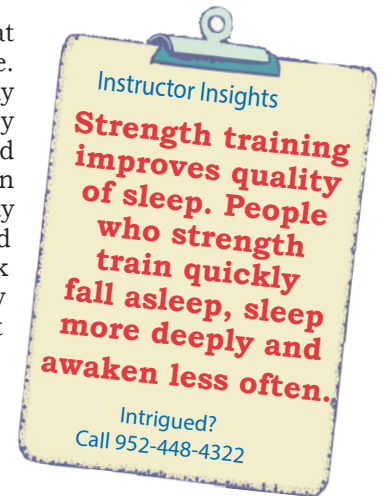
Read about the success of one of Fitness First's Clients...



Austin Barrett performing a back activity with instruction and supervision from Fitness First Instructor Cameron Cropsey.

Austin Barrett, 20, began strength training in May 2014 at Fitness First after completing his freshman year in College. "I was interested in developing muscle to increase my metabolism helping me reduce body fat," Austin said. "My father Tom strength trains at Fitness First and encouraged me to strength train with the staff at Fitness First to attain my goals. I currently attend college at Marquette University in Milwaukee, Wisconsin. During the 2014 summer I worked at Island View golf course in Waconia. I reported to work early in the morning and was completed with work by early afternoon allowing me to make most of my Fitness First appointments by mid afternoon. I am also easily able to make appointments at Fitness First while I am home in Waconia on college breaks. The scheduling system at Fitness First is great because they accommodate my sporadic schedule enabling me to prioritize my fitness. Outside of work and school, I enjoy spending free time wakeboarding or playing basketball with friends. I also enjoy golfing with my dad on weekends when we can find time and match schedules. Since strength training at Fitness First while I am participating in these activities I have noticed an increase in energy and endurance. I am able to ride longer while wakeboarding because my arms do not tire as quickly and when I play basketball I am able to jump higher in addition to playing longer without signs of fatigue.

"My experience at Fitness First has been very positive. I value and appreciate that no matter which instructor works with me I am consistently pushed to my limits at every appointment. I feel a great sense of accomplishment after my strength training appointments knowing I gave everything I could. I leave with a very energized and confident feeling. The focus and discipline I have developed as a result of strength training at Fitness First has transferred to other aspects of life as well. I have a heightened awareness of my physical strengths and capabilities. I am making better nutritional decisions as my strength and conditioning has improved. I plan to continue to prioritize strength training appointments at Fitness First as long as I am able to work them into my school schedule."



Fitness First Instructor Cameron Cropsey performing a manual resistance activity with Austin to strengthen his hamstrings.

BE STRONGER FOR YOUR JOURNEY

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