



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.

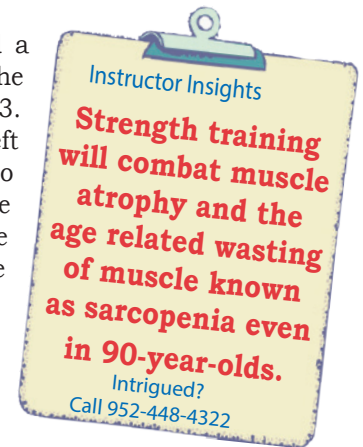
Steve has researched and developed a prescription for exercise requiring only one or two intense 30-60 minute appointments a week.

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



Bret Hepola using a Nautilus Leverage Row machine with instruction and assistance from Fitness Specialist Tony Austad.

Bret Hepola, a 38-year-old single dad scheduled a complimentary strength training appointment at the Excelsior Fitness First location in December 2013. "After the introductory training appointment I left feeling I had never challenged my body on my own to that extent before," Bret said. "I could hardly believe the unique feeling. Even though I felt uncomfortable I could recognize how purposeful the intense stimulation on each and every muscle we trained would be. The introductory appointment was a much needed wake-up call making me realize the level of intensity required to reap the full benefits of strength training. I felt I was waking up muscles that had been dormant for years. The experience prompted me



to schedule a consultation with Fitness First Founder Steve Ritz to purchase a

training package. I am very pleased I decided to begin strength training at Fitness First.

"I work in the construction field as a contractor, and my work day can be very physically demanding. I need to stay in shape to perform tasks as I age. It is very important to be strong and fit in my field to avoid some very harmful situations. I also want to stay active with my 3 children ages 19, 12 and 11. The two younger ones are in competitive gymnastics and I attempt to show them dad can still do a handstand," Bret laughed. "The flexible scheduling at Fitness First is also very valuable to me. The staff is so accommodating working around my busy schedule. It makes it much easier to stay on track and get a great workout in approximately 45 minutes twice a week which is significant to me. Fitness First has had a great impact on my life by helping me improve my muscle strength and definition more effectively than I could have on my own. I stay active outside of work by playing volleyball, participating in weekly yoga, cross country skiing, down hill skiing, snowboarding and paddle boarding. Performance in these activities has definitely improved since I started strength training with Fitness First. I strongly recommend strength training at Fitness First if you are looking for efficient and effective results. My plan is to continue strength training at Fitness First to reach my health goals. When I reach my goals, I will make new goals requiring Fitness First to help me reach those."



Tony Austad instructing and supervising Bret on a Nautilus Power Plus leg press.

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