



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...

Carolyn Anderson, 45, is eloquent about the differences between training at home and training at Fitness First.



JJ training Carolyn on a Hammer Strength shoulder machine.

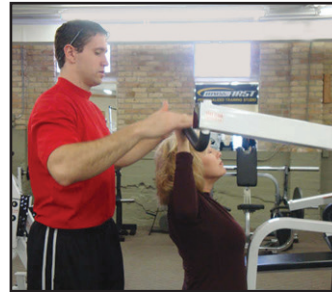
“The staff at Fitness First is great. If it weren't for them, I would not have been able to achieve the results I have experienced,” Carolyn said. “When you work with a fitness specialist, they challenge your muscles to the limit. If I had tried to do this program on my own, I would never be able to achieve the level of muscle fatigue that I reach while at Fitness First. Many people feel that you can buy your own fitness equipment and train at home, but it just doesn't happen without someone there to guide you, instruct you and, most importantly motivate you each and every step.”

Carolyn is a client executive with Arrow Corporation which distributes IBM computer software and hardware which takes her out of town frequently.

“I travel a lot and when I am in my office I sit at my desk on conference calls resolving issues and troubleshooting,” said Carolyn. “This means I don't get a lot of physical exercise through my job. Training at Fitness First gives me a nice break and helps to rejuvenate my body and mind so I am more productive throughout my day.”

Although Carolyn had considered herself to be in good aerobic shape before starting at Fitness First, she had concerns about her overall strength.

“I am a casual runner,” Carolyn said. “I run a few times a week during the summer and love to play golf, but at my age I am getting concerned about osteoporosis. This disease runs in my family and I know that strength training is one of the best preventative measures I can make to maintain my bone density. I don't take supplements or consume many dairy products, so strength training is one way I am able to combat this disease.”



Carolyn working with JJ to improve her upper back strength.

Carolyn balances her demanding job and caring for her family including her 12-year-old son by taking care of herself.

“I can't imagine not training at Fitness First,” Carolyn said. “I no longer feel weak. I am more aware of my eating habits and feel healthier in general. My clothes fit better and I feel more confident. The outlook I have on life has changed. This is something I am committed to doing for a long time to enhance how I feel about myself.”

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FITNESS FIRST

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