



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...

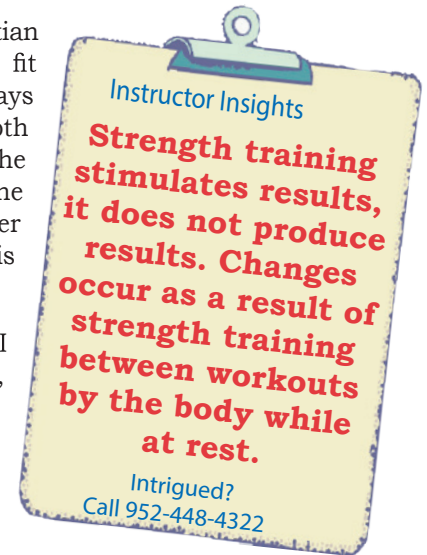


Christian using a Nautilus leg extension with assistance from Fitness Specialist Nick McCoy.

Like many people in their late 20s, Christian Klein found that he was not as physically fit as he was during college. Christian has always had a passion for golf and tennis, playing both sports in high school and college. In fact, he even prolonged getting his college degree one semester, enabling him to play tennis another season. However, after graduation, he found his physical activity drastically decreased.

“Being a finance officer in the banking industry, I spend the majority of my work hours at my desk, limiting my physical movement during the day,”

Christian said. “I found I was often short of breath performing everyday activities and I started to experience pain in my lower back and knees. My uncle strength trains at Fitness First, and through my work in downtown Chaska I became acquainted with Steve (founder of Fitness First). So, September 2011 I started strength training at Fitness First twice a week, and have had very positive results. My primary goal was to improve my health – especially the strength in my back and legs. In just six months of strength training, I experience less back and knee pain, have more energy and feel more confident about my appearance prompting friends and family to comment on my improved physique. My management of work stress and nightly sleep has drastically improved. Overall, I feel great. The benefits of my strength training appointments have spilled over to every aspect of my life including my golf game. I am able to hit the ball further and have much more endurance while playing. Recently, I shot my lowest round– 67 (5 under) since college at Deacon’s Lodge in Brainerd, MN. Strength training at Fitness First has been a wonderful experience for me. The staff is very knowledgeable, professional and personable. I have primarily worked with Fitness Specialist Nick McCoy and feel he shows a genuine interest in helping me achieve my fitness goals. When it comes to golf, you can always get better! I am working on improving my game and plan to compete and win more tournaments. I am confident that the combination of practice and continuing to strength train at Fitness First will provide me the best opportunity to accomplish this!”



Nick coaching Christian while using a Nautilus leverage row machine.

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(952) 448-4322 · Chaska, MN
(952) 401-4322 · Excelsior, MN
www.fitnessfirstmn.com