



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...

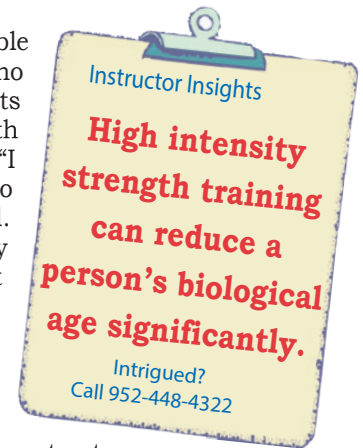


Corky Hall performing a manual resistance neck activity with Fitness First Founder Steve Ritz.

Corky Hall, at 65 years young, saw incredible results in his brother-in-law Norm Domholt who strength trains at Fitness First. Seeing the results firsthand truly inspired Corky to pursue strength training appointments at Fitness First as well. "I wanted to improve my strength and continue to be as physically active as possible," Corky said. "I like to run, walk, play golf, and hockey. I enjoy performing these activities well and do not want my age, body aches or pains to stop me from enjoying them. I was out of shape, uncomfortable and knew I needed to take action. I have been strength training at Fitness First since December 2013 once or twice a week to address these issues. I have a weekly habit of making appointments at

Fitness First ensuring I stay committed and accountable while pursuing my goals. The appointment only system at Fitness First is very flexible allowing me to adjust my weekly appointments if I have a business travel conflict. The staff is very understanding and typically offers me many alternatives. They also provide advice on how to prioritize my fitness in-between my Fitness First appointments.

"Mental and physical stress is a large part of my work life. I am a business owner and consultant of Leadership Vision and Brand Management which requires standing for long periods making presentations in front of varying groups of people with minimal breaks. The strength training at Fitness First has helped me manage this stressor while maintaining mental alertness and composure with ease. I have more energy, endurance, stamina and do not tire as easily. I have had a very positive experience and feel more capable in many activities than I was before my strength training at Fitness First. I am in better physical condition and no longer feel fatigued. I enjoy an active life with my wife as a result of the additional physical and emotional energy. Basically, I did not begin strength training at Fitness First to get big muscles or abs as you see on TV or in magazines. I wanted to feel better, stronger and live healthier on a day by day basis which is exactly what I have accomplished at Fitness First. I want to stay strong and the system formulated at Fitness First will continue to do the job for me. The approach is creative and the never ending combinations keep me on the way to attain my fitness goals."



Steve Ritz teaching and assisting Corky on a Hammer Strength external rotation machine.

BE STRONGER FOR YOUR JOURNEY

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