



# 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...**



Fitness Specialist Ryan Doheny instructing Craig while he performs an abdominal activity.

said, "and prioritizing my fitness has become very important to me as I age. Every year I have an executive physical performed at the Mayo Clinic in Rochester. The physicals in addition to my strength training appointments at Fitness First make me feel very comfortable with the emphasis I am placing on my health. I live in Eagan, work in Edina and find no issue with the drive because the efficient, effective results I am achieving at Fitness First. I have accomplished so much more than if I would have purchased a membership at a commercial health club and attempted to workout on my own. The equipment and staff at Fitness First have been a large part of my success. The instructors safely and efficiently challenge me through my strength training appointments taking extra time to make sure I clearly understand exactly how I am suppose to perform each activity. I feel much stronger and more energized. I am also a stronger cyclist and sailor as a result of my strength training appointments at Fitness First. My plans are to strength train at Fitness First for a very long time as I continue to prioritize my health. I feel fantastic!"

Craig Vinje, a very busy 57 year old business owner was looking to reduce body fat, increase energy and generally improve his health. An analytical person, Vinje began to research professional options to assist him with his goals. He determined a customized, personal approach would be most appropriate and contacted Fitness First for an initial consultation. Craig has been strength training at Fitness First since November 2012 with very effective results.

"I recognize the significance of health and wellness," Vinje



Craig Vinje using a Nautilus row machine with instruction and supervision from Fitness Specialist Ryan Doheny.

## BE STRONGER FOR YOUR JOURNEY

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