



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...

When Cynthia Hoelscher, Minnetonka, turned 55, she decided she needed to do something about her life.

"I realized I had two choices," Cynthia said. "I could accept the fact that I was never going to wear pantyhose again, or I could get in shape. Really, every pair of pantyhose I put on just kept rolling down! I could barely bend over to get them on, and then they wouldn't stay. Up to this point, exercise had never been a part of my life. My definition of strenuous exercise was knitting in a rocking chair – knitting takes 2 hands, and the rocking chair makes you move."

Then Cynthia met Steve Ritz who was co-presenting with Bruce Helmer at a Wealth Enhancement Seminar titled "Your Fiscal and Physical Health."

"I listened to what Steve had to say, and decided to try to change some things in my life. Part of that change was working out at Fitness First twice a week. The workouts are challenging, but the staff is so encouraging. It's really the people that keep me coming back. Once I asked Jeremiah Jones, nicknamed JJ, (one of the Fitness First Fitness specialists) how much weight I should be able to lift. He said, 'You are lifting exactly as much

as you should be able to lift.' I loved that. They push you to succeed, but they never make you feel that you're not doing enough. Over the past two years, I've lost 40 pounds and have a tremendous amount of energy. I used to park as close to a door as possible. Now, I enjoy walking and getting out and doing things."



Cynthia has noticed other changes in her life that she relates to working out, as well.

"My husband has been paying so much attention to me, lately. I asked him what was up, and he said 'You just look so great now I love squeezing you!' I've also noticed that I'm more willing to speak up for myself at work. I feel better about giving my opinion and expecting other people to listen to me. I think anybody who is serious about fitness should come here. I've found that if I'm

not working with someone else I don't force myself to do those last 2-3 reps that are so important. Plus, the staff here are great about making you feel special for who YOU are. I just love it.

BE STRONGER FOR YOUR JOURNEY

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