



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...

"According to my wife, after working out at Fitness First for over three years, I have better posture," Dan Klein, 58, Victoria laughed. "Oh, and she also tells me I'm getting better!"



Nicole Buegens, fitness specialist, training Dan.

Not bad for a desk jockey, hunting aficionado who blew his knee out playing basketball and at one point wondered if he would be able to do the climbing necessary to continue hunting elk.

"I'm so desk bound and hunched in front a computer everyday that I was really starting to get round shouldered and out of shape," Dan said. "The things I love to do like pheasant and elk hunting were becoming more and more difficult. I was getting fatigued, my knee was weak, I knew I needed to change something."

Dan began training with the staff at Fitness First partly because it is a non-competitive environment.

"The SEE-FIT system they use means that I know I will get a complete body workout in just one hour," Dan said. "I wouldn't dare to try to do a workout that is that intense on my own. It would not be safe. But at Fitness First the trainers are right there with you all the way. I know everything I do will be safe, efficient and effective."

Today I feel a lot better about my physical appearance. For one thing, I find I'm standing up straighter. And there are many benefits I had not really considered until I started training regularly. Exercise is a great stress reducer. My overall demeanor at work at and home is so much better. Little things that used to bother me, just don't anymore. This is especially true the day after a workout. I feel really good the next day and this shows in the way I treat other people around me."



Dan trains with Fitness Specialist Nicole Buegens

Dan had nothing but praise for the staff at Fitness First.

"All the people they have working there make you feel that they are really interested in helping you to achieve your goals," Dan said. "They keep you focused on your exercise regime and make you accountable for your workout. It's really easy to put off exercise, but everyone really needs to do it. Anyone can find just two hours a week to improve their work, health, relationships, etc. It's essential!"

BE STRONGER FOR YOUR JOURNEY

FITNESS FIRST

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