



# 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...**



Tara, Fitness First Manager, instructs Darrin

Darrin Ahrens, a 39 year old father of four and management consultant for Fortune 500 companies had tons of stress in his life and didn't need the added problem of trying to conform to a health club schedule. He knew he desperately needed to exercise. So a recommendation from his wife to "stop stressing out and go to Fitness First" was

the advice he needed to make a healthful lifestyle change.

Darrin's work schedule which requires extremely long hours, demanding schedules and heavy meetings were causing him to stress out.

"I wasn't sleeping well, felt terrible all day and was constantly irritable," Darrin said. "When my wife realized that although I like my job, the stress wasn't doing me any good, she suggested Fitness First. Since she is a living testament to how great Fitness First is at helping with the day to day stresses of life, it was advice I was willing to listen to."

Darrin has been going to Fitness First twice a week for the past two years and has seen a dramatic change.

"I can't tell you how much better I feel," Darrin said. "I am completely energized, sleeping better, my stress level is way down and I feel less irritable. I can even move better and have more flexibility. I am much happier all the way around and I attribute all of that to going to Fitness First and training with their staff."

Since going to Fitness First, Darrin commented that he has seen a change in his entire outlook on life.



Darrin is ready to train on the leg press.

"In fact, if I miss an appointment due to work or travel, I really notice the difference on my body and mind and my old symptoms begin to reappear. One of my favorite aspects of training at Fitness First is the fact that if I have missed too many sessions, they call me and get me scheduled for workouts. I like that because time gets away from me and I could see myself losing the habit and not going at all. I also really like the discipline of going there. By that I mean,

when you join a health club or a regular fitness center to work out, you do not have an appointment with someone which holds you accountable. A typical health club does not know or care if you workout. When I know that I have a training appointment with someone on the Fitness First staff, it helps me workout consistently. I also like the way my fitness program is customized for me. In spite of some old sports related knee injuries, they still work on the area without putting any additional strain or pain on my knees. Going to Fitness First is the best outlet I could ever recommend to someone who is looking for a fantastic stress reducer. I thank my wife every day for encouraging me to start fitness training at Fitness First.

## BE STRONGER FOR YOUR JOURNEY

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