



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...

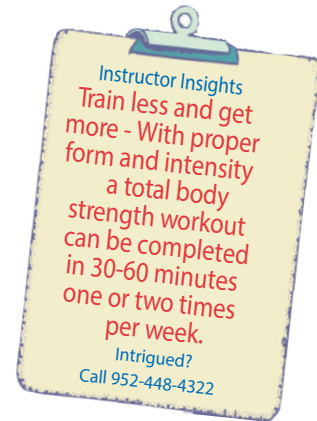


Debra training her legs on a Nautilus leg press.

"I felt tired, my legs felt weak and non-muscular," Debra said. "Mentally I didn't feel old, but I was beginning to feel physically old. I remember thinking 'is this what getting older is going to be?'" While reading one of the fitness diaries in Waconia Business, she decided to give strength training at Fitness First a try.

"The Chaska location is convenient for me," Debra said, "and they could accommodate my schedule. I have recently renewed, purchasing my second training package and can't imagine stopping. I feel much better, my sleep has improved, my clothes fit better and my husband says I look better. Over the years

I tried different approaches to improve my fitness but it never worked because other approaches lacked accountability. I discovered for me to have success with strength training I need the structure of an appointment only situation such as what I utilize at Fitness First. I need an appointment because without the appointment I lack the motivation and discipline to train on my own. I have also grown to appreciate the knowledgeable staff at Fitness First. The instruction I receive at Fitness First is incredible ensuring that I get fantastic results. Both my parents have exercised throughout their lives and are in good physical condition. I realized I wanted the same for myself and understand it is never too late to start. My legs feel stronger and I no longer have that weak uncomfortable feeling from 'mushy' muscles. My new goal is to reduce my body fat, so I can look and feel my best!"



Steve providing instruction to Debra on a Hammer Strength biceps machine.

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FITNESS FIRST

(952) 448-4322 · Chaska, MN
(952) 401-4322 · Excelsior, MN
www.fitnessfirstmn.com