



FITNESS DIARY

Steve Ritz, Exercise Physiologist, founded Fitness First 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...

"I have trained with six different Fitness Specialists at Fitness First," said Don Mohs, 50, Chaska, "and I can see Steve Ritz (owner of Fitness First) in each one of them. Each staff member has unique talents but their passion, skill and knowledge is an attribute to Steve's incredible knowledge about fitness."

Don appreciates the fact that every Fitness Specialist has this kind of training. Before signing up for personal training at Fitness First he had never experienced any kind of structured fitness program.



Don Mohs works on a leg machine with Aaron Kipp

"I had good muscle mass as a young man," Don said. "I am a metal worker and now own a fabrication shop. For most of my life, my work helped me to stay in shape. However, as I aged I found myself putting on weight and losing strength. My daughter was married a year ago and we held the reception up the street from Fitness First. When I noticed their sign, it intrigued me. I had a consult

with Steve and was very impressed by the services offered at Fitness First. One of the problems with joining a typical gym is the peer pressure of trying to do more than your body is capable of doing so you don't look bad. At Fitness First every session is appointment only thus the client is directly supervised."

Once Don started using the SEE-FIT system he noticed positive changes to both his body and his health.

"I have some health problems, diverticulitis, sleep apnea, high blood pressure and personal training has helped me improve most of them," Don said. "My doctor wanted to do surgery for the diverticulitis, but I believed that diet and exercise was a better approach. It paid off. I don't have problems now plus I feel better, have more energy and am stronger. Too often people put everyone else's needs before their own. My time at Fitness First is for me and the benefits far outweigh the cost. Sometimes I don't feel like coming, but since I have an appointment I attend and always feel great after the session." In fact, Don's new fitness helped him in a recent motorcycle accident.



Aaron Kipp, Fitness Specialist, trains with Don Mohs

"When I had my accident, I didn't break a single bone. I bruised ribs and wrenched muscles, but nothing broke. I was back at Fitness First within two weeks of the accident. On Steve's recommendation I worked with the staff and believe I recovered faster and with less pain. This is a program that everybody deserves!"

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FITNESS FIRST

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