



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...

For Emily Klinker, 39 of Chaska, single mom of three children ranging in age from 6 to 11-years-old, the phrase "Body, Mind and Soul" is not just a philosophy but a way of life.



Steve working with Emily on a leg press.

"It's really very simple," said Emily. "First, I believe in taking care of my Body and that's what brought me to Fitness First. Second, I believe in always expanding my Mind by learning new things and, third, I believe in feeding my Soul which gives me purpose and direction."

Steve Ritz, owner of Fitness First, is a volunteer and member of the church that Emily attends.

"Steve and I had many conversations about Fitness First and that I might enjoy the benefits of training there," Emily said. "Finally, I decided to give it a try. At first the workouts were extremely challenging, but, once my body adjusted to the training, I went

from 'I have to go' to 'I want to go.' I feel better, my posture has improved, and since I have been training at Fitness First, I have an easier time with my friends on our weekly walks. Along with these benefits, my muscle tone has improved and my body has changed so I look and feel better physically."

While Emily believes that strength training has done great things for her body, she also believes it has helped in training her Mind.

"My second most important philosophy is improving my mind," Emily said. "I am working on obtaining my Master's Degree while still holding my position as Faith Formation Director at my church and parenting my three active children. It would be virtually impossible to participate in any sort of fitness class or personal

training program unless it was scheduled around my other commitments. I am able to go to Fitness First early in the morning and still make it home in time to get my children off to school. Plus, I have learned so much about how to improve my physical condition.



Emily using a back machine with assistance from Steve.

Emily's third goal is feeding her Soul. "Going to Fitness First feeds my soul in so many ways," Emily said. "First and foremost I feel I am a role model for my children. They are learning at a very young age that it's never too late to learn something new, or to take care of you. I am happier and less stressed since beginning my training at Fitness First. My kids ask me what routine did I do today or how do I feel? My entire outlook and self image have improved immensely. Even though the routines

are challenging, I now have come to realize that, like anything worthwhile in life, if it isn't hard it wouldn't be worth achieving. I will strive to learn something new every time I have an appointment at Fitness First, even if it is just something small like a breathing technique or a new exercise on a different machine. I will continue to make it a part of my life every week and I truly feel training at Fitness First has been one of the best decisions I have ever made!"

BE STRONGER FOR YOUR JOURNEY

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