



# 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...**

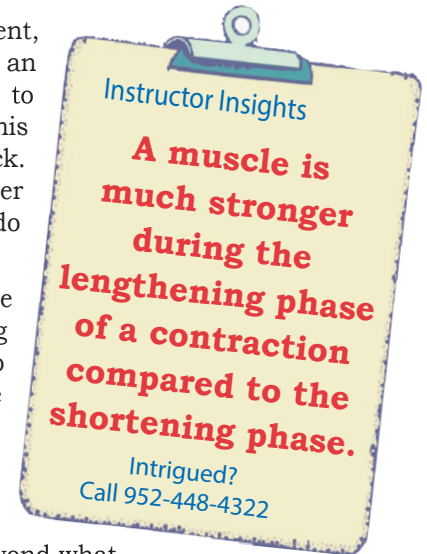


Ryan working with Fred on a Nautilus shrug machine

Fred Potthoff, a 60 year old Chanhassen resident, husband, father, grandfather and owner of an accounting firm in Stillwater does not plan to follow the same path as his dad. At age 76 his dad who was a smoker died of a heart attack. Being a non-smoker, Fred is already healthier than his father, but realized he needed to do more.

“My dad’s passing was a wakeup call for me to work on reducing body fat and improving my health. I want to continue to improve so I can enjoy my 3 year old grandson, continue

working and experience the many blessings I have in life. I realized weighing 280 pounds, I had to take action and the workouts would be very challenging. A diary published in the *Southwest Business* really caught my attention and prompted me to contact Fitness First. I discovered the appointment only strength training at Fitness First was an efficient method to bring my muscles to momentary failure beyond what I would accomplish on my own. This is my favorite aspect about Fitness First but it is also the hardest. I know if I were to workout alone, I would never get to that point. This point of failure is where you get the most bang for your buck in the least amount of time. Even though Fitness First is more expensive than other fitness options I have researched and tried, I have found the Fitness First approach to be very effective and worth every penny. The staff is professional, highly educated and very motivating which has helped me attain success. It has been a very rewarding experience. After the completion of a Fitness First strength training appointment, my muscles typically require 48-72 hours to recover and repair. During this process my metabolism is elevated and this is the time when I will develop muscle and burn fat. It is easier said than done, but has definitely been worth the effort. I am fortunate that I have no health issues and want to keep it that way. I am losing body fat, my knees feel better and my Sunday walks at the Minnesota Landscape Arboretum with my wife are much easier. I have been very pleased with Fitness First and plan to continue strength training for a very long time.”



Fred Potthoff using a Nautilus Leg press with instruction from Fitness Specialist Ryan Doheny.

## BE STRONGER FOR YOUR JOURNEY

**FITNESS FIRST**

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