



# 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...**

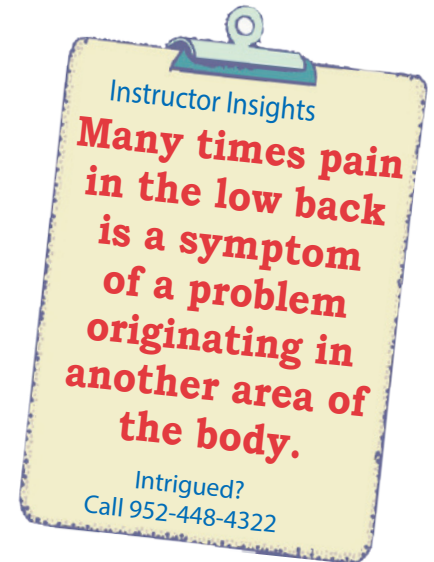


Gail Becker performing a shoulder activity with instruction and supervision from Fitness Specialist Greg Gerding.

Gail Becker, 59, business owner and grandmother of three is leading a very busy yet fulfilling life. Gail and her husband Jim own a hockey rink manufacturing business and live in Chaska. Thus they have been aware of Fitness First for many years. They were both searching for a time efficient method to increase strength enabling them to perform many hobbies they enjoy. Gail made an appointment in June 2013 for a consultation with Fitness First founder Steve Ritz. She has been strength training in the Chaska office twice weekly ever since.

"I have discovered partaking in activities with my husband Jim, such as owning a business and now strength training at Fitness First, helps us successfully accomplish our goals," Gail said. "My goal is to proactively prioritize my health so I can enjoy activities such as hiking, walking

our golden retriever, biking and playing with our grandchildren. I appreciate the strength training approach at Fitness First only requiring two weekly appointments with significant results achieved in a short time. You workout less and get more. We have a lake cabin which we visit frequently throughout the year in addition to operating the business, so our schedule fills up quickly. The flexible scheduling options at Fitness First have been very helpful. I have struggled with low back pain for years and was concerned I might make matters worse if I were to attempt strengthening activities on my own. I expressed both my concerns and goals to the professionals at Fitness First. The staff was patient in educating me on how the strength training would reduce the incidence and severity of pain in my low back. The Fitness First staff does an excellent job policing my form ensuring everything I perform is safe, efficient and highly effective. Now, even after activities such as shoveling, I feel no pain. My daughters have noticed a significant difference in my abilities as well. The strength training appointments at Fitness First have also helped me increase muscle while reducing body fat and ultimately improving my body composition. Recently I was sorting through my closet and discovered a pair of jeans that were too tight a year ago which now fit loosely. The strength training has been a great experience all the way around. I plan to continue at Fitness First with no plans of stopping for a very long time."



Greg instructing Gail on a Hammer Strength pullover machine.

## BE STRONGER FOR YOUR JOURNEY

**FITNESS FIRST**

(952) 448-4322 · Chaska, MN  
(952) 401-4322 · Excelsior, MN  
[www.fitnessfirstmn.com](http://www.fitnessfirstmn.com)