



# 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...**

What brought Gary Harms to Fitness First was his lack of energy and an overall sense that he was "out of shape."

"I am a no frills kind of guy and while I wanted to improve my physical stamina, I also wanted to find a way to impact the quality and longevity of my life as long as I possibly can," Gary said. "So when a good friend recommended Fitness First and explained what great results he had experienced by personal training there, I knew it was something I needed to do for myself. It is so convenient. I leave my home in Victoria, drop my kids off at school and am there by 9 a.m. I really respect the fact that Steve, along with his entire staff take their job very seriously and really go out of their way to help you and make sure that the routine you are doing is customized for you. They really care about your physical, mental, and emotional health."



*Gary using a Cybex low back machine with instruction and assistance from Steve.*

Personal training at Fitness First has played an important role in Gary's professional life as well.

"I own a road construction company that is operated seasonally," Gary said. "During spring, summer and fall, my days go from early morning through night with physically demanding work. I also have high stress dealing with the day to day business challenges and at times helping the crew. This takes a toll both mentally and physically. My sessions at Fitness First allow me to physically meet the demands of my business during the busy season and help me to stay in shape during my off season."

Gary feels his entire outlook on life has improved and his stress level has dropped since starting at Fitness First.



*Steve getting Gary ready to use a Hammer Strength leg machine.*

"I have lost weight, my clothes fit better and I am more conscientious about my diet. It has been a great decision that I have never regretted. I have talked to some people who say the only negative thing they might see to going to Fitness First is the cost. Here's what I say to that. The hospital fees, insurance costs and doctor bills that one can incur from not being physically fit far exceed the costs of personal training at Fitness First. Certainly it's not a guarantee that you will experience good health, but it sure has made a drastic difference in my life. My favorite cartoon on the wall at Fitness First is this: a Doctor is talking to a patient who is out of shape and complaining to the Doctor about an hour a day he has to spend to stay in shape and feel good. The doctor says 'would you rather spend one hour a day being a little uncomfortable or 24 hours a day being dead?' I am here for the long haul to continue total body strength training for as long as I can. When I train at Fitness First, I leave feeling not only 100% physically better but emotionally better too."

## BE STRONGER FOR YOUR JOURNEY

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