



# 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...**



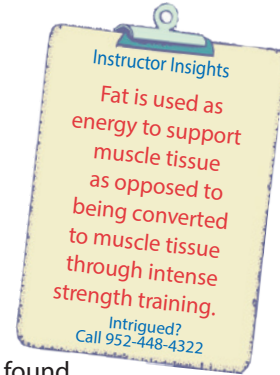
Jacque performing a shoulder activity with instruction and assistance from Steve Ritz.

Nothing can motivate a person to get into shape more than an upcoming trip of a lifetime! This was exactly the case for 47 year old Jacque Hartwig, who along with her husband Gary had planned a 2-1/2 week fishing and hiking expedition to Alaska.

"I really wanted to be physically fit to enjoy the long hours of standing on a boat fishing and the hours of hiking we planned. I had explored many different fitness options over the years, but had not found one that I felt was a good fit for me. I wanted a program to prepare me for my Alaska trip as well as strengthen my neck, back and legs from a car accident. I have a unique situation in that I live 60 miles from the Twin Cities, but I work in Eden Prairie. The appointment only strength training at Fitness First in addition to the flexible early morning or late afternoon options was very appealing to me. I usually book early morning appointments and can be at my desk and ready to work by 8:15."

"I really value the professionalism of the staff at Fitness First. The staff embraced the challenge of

improving my fitness in a short amount of time for my Alaska trip. However, they also helped me understand the fitness prescription they prepared for me is not a quick fix rather the beginning of a new lifestyle. I work at a busy job with a frenetic weekly schedule. Even though I go home to a peaceful, rural setting, I needed the stress relief the strength training appointments at Fitness First provide me. I am eating healthier, losing body fat and simply taking better care of myself since I started strength training at Fitness First. I feel better and I am very happy I chose Fitness First to help me achieve my fitness goals."



Steve Ritz assisting Jacque strengthen her mid-back on a Hammer Strength pulldown machine.

## BE STRONGER FOR YOUR JOURNEY

**FITNESS FIRST**

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