



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...



Jaime performing a shoulder activity with Fitness Specialist Jeremiah Jones.

For Jaime Craig, 25, the decision to train at Fitness First came from following a family tradition. Jaime's parents are both clients and Jaime herself began strength training at the age of 18.

"I have been training at Fitness First for so many years, the staff feel more like family and friends than trainers," Jaime said. "I

started when I was in college and trained there consistently until 2007 when I relocated to Texas for a job. Last year, I returned to the Twin Cities and re-joined Fitness First. I am engaged to be married so I have new found motivation to improve my fitness."

While living in Texas, Jaime tried to strength train on her own, but did not experience effective results.

"I was not eating or exercising properly," Jaime said "and it was beginning to take a toll on me physically and emotionally. I am excited that I have resumed strength training twice a week at Fitness First. My main goal is to look and feel great for my wedding. I am definitely on my way. I feel great, have lost weight and my physical condition is the best it has been in years. I can physically lift things I had trouble moving in the past. I also have more energy and my metabolism has increased, helping me burn more calories throughout the day."

Jaime has also seen changes in her emotional well being.

"I attribute a great deal of my success to the staff at Fitness First," Jaime said. "They know me so well and sense when I have had a bad day. When that happens, the staff make adjustments enabling me to have a positive experience. They help me maintain focus on the routine. I find that by the end of the appointment whatever was bothering me has gone away."



Jaime training her triceps with assistance from Jeremiah.

Accountability is another factor that is important to Jaime.

"The appointment only training at Fitness First provides the accountability I desire. Because I have an appointment with a Fitness First Staff member I consistently strength train twice a week leading to steady progress toward my goals. I have lost 20 pounds in the last year and lowered my cholesterol. I am so committed to strength training at Fitness First that I drive to Chaska from Woodbury, twice a week after a long day at work. I know I will continue training there

for a very long time. Now, I just have to add my fiancé to the picture so that he can join in on the family fun, too!"

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