



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...

Everyone has their own reasons for beginning or continuing an exercise program. Jeanette McGillicuddy is no different.



"I have been going to Fitness First for two years and I really enjoy the one-on-one attention and variety of each workout. My energy level is much higher and my muscle tone has greatly improved. I can load and unload bags of softener salt with no problem!" Jeanette said.

Individual motivation is important when thinking about your health and fitness. Do you want to run a marathon? Do you hate the fact that your thighs rub together when you walk? Has it become harder to put your socks on in the morning? Do you wish you could swing your

grandchild (or child) up over your head? Do you feel low energy most of the time or have health problems? All of these are motivational reasons to get fit. However, any exercise program needs to be supervised so you can get maximum benefit without causing any problems for your body.

Finding the right facility and specialists to help you achieve your goals, no matter what those goals may be, is crucial to anyone's

health and fitness success. Fitness First has been instrumental helping many area residents define and accomplish their own routine of personalized training.



"I have found, with my demanding work and travel schedule, it was getting more and more difficult to keep up with a regular workout routine," Jeannette said. "Having an appointment at Fitness First forces me to take responsibility for my own health and well being. The set appointments at Fitness First force me to make time for myself. The staff is excellent, well trained and they really listen to my needs. They push me further than I ever thought I could go. Also, the trainers teach me to lift with proper

form, and with the correct number of repetitions so I don't injure myself. I now realize the importance of this concept. My entire experience at Fitness First has been excellent, and I'm definitely happy with the positive results!"

BE STRONGER FOR YOUR JOURNEY

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