



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.

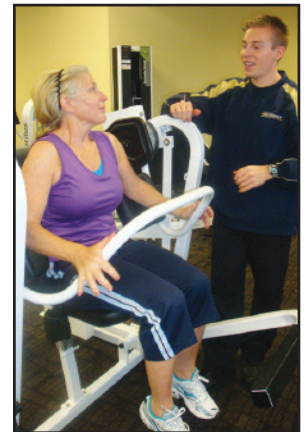
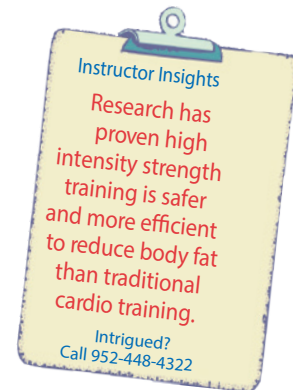
Read about the success of one of Fitness First's Clients...

A family history of osteoporosis led Jeanine Peterson, 53, into researching ways to improve her health and bone density. After strength training on and off for the past 5 years, Jeanine was not happy with the results she was getting. Reading the Fitness Diaries in the Southwest Business intrigued her to contact Fitness First.



Fitness Specialist Nick McCoy assisting Jeanine with a dumbbell shoulder press.

"I really want to strength train with knowledgeable professionals ensuring I will have a safe and effective workout. One of my fears was strength training might actually cause harm to my body. I knew I needed a professional who really understands physiology and would customize an exercise prescription for me. I wanted to leave an appointment feeling energized, without any injuries. I strength train with Fitness First twice a week for 45-60 minutes each appointment. It was one of the best decisions I have ever made when it comes to my health. It is a love hate relationship. I hate to go because it is not always easy, but I love to go because of everything I get as a result of my efforts. The way I feel after training is exhilarating. I really respect and understand how my body is improving without risk of injury. My lower back doesn't get sore any more and I don't experience nearly as much pain or fatigue every morning as I walk my dog, Leo. The trail we walk on has an uphill grade. Since beginning my strength training at Fitness First, I breathe more easily and my added strength has positively impacted our walks. Being a stay at home mom for the last 15 years, I needed to get up and move around more but I wasn't able to motivate myself to do it. Now with the appointments at Fitness First the lifestyle has grown on me and I could not imagine missing my appointment."



Nick instructing Jeanine on a Nautilus pullover machine.

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