



# 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...***

Jeff Mankowski, Edina, 47 years old, is lean, trim and athletic—the very picture of “in-shape.” However, this wasn’t always true.

“I have health issues,” Jeff said, “and at one point my weight ballooned up over 200 pounds. I realized I had to do something about my health. I lost a bunch of weight, in fact too much weight, but I still wasn’t really healthy.”

Eventually, Jeff’s search for better health led him to Fitness First.

“I’ve been working out here for the past three or four years,” Jeff said, “and I am healthier now than I have ever been. When I first came here, I needed to rebuild my health. I started paying attention to nutrition and started gaining muscle weight. I used to be a smoker...now I’m not. I love being outdoors, going backpacking, mountaineering, hiking. I need to be in shape to do those things. Working at Fitness First has enabled me to not only do the things I love, but to do them better!”

Like many people, Jeff has discovered that following a workout plan has an effect on all parts of life, not just a person’s weight or muscle strength.

“I love a quote that I’ve seen here at Fitness First,” Jeff said. “It’s by Anthony Robbins and says, ‘We can make time for health now, or we can make time for illness later. The choice is ours every day.’ I want the time I have to be quality time and being in shape helps that happen. If I strength train, I don’t have to worry about my weight, because muscle burns more calories. I’m confident I’ll be here for my children as they grow up. I feel more awake and energetic in all parts of my life. I do better at work and I’m more available at home.



Jeff works with Nicole ?,  
Fitness Specialist at Fitness First

“I checked other programs out before I started at Fitness First, but what I found here was a fantastic facility and style. I’ve gone to gyms and seen people blasting through routines with no form and, therefore, with reduced effectiveness. Here you have a trained staff who know what they are doing and take your personal issues into consideration. They don’t let you get away with anything, so you get a proper, safe workout.”

## ***BE STRONGER FOR YOUR JOURNEY***

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