



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...



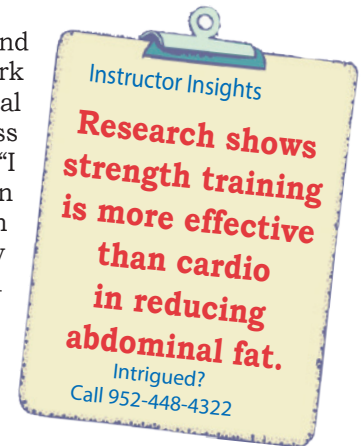
Jim Becker performing an arm activity with instruction and supervision from Fitness Specialist Tony Austad.

Jim Becker, 60 wanted to improve his physical fitness and felt a structured appointment only approach would work better than attempting to do it on his own at a traditional health club. "I had driven by the Chaska location of Fitness First and decided to perform some research," Jim said. "I made an initial appointment in June 2013 and have been strength training twice a week for 45 minutes at each appointment ever since. I was looking to improve my flexibility and feel better physically. Fitness First has, and is still fitting the bill for me. I am still going consistently and reaping the benefits of strength training appointment after appointment.

"I really value the time efficient effective workouts at Fitness First. I park curbside, go in for my appointment and walk out 45 minutes later feeling I really have accomplished a great deal in a very short period of time. My appointment is so efficient I feel as though I maximize every minute and would not be able to do another thing by the time I leave. I have also discovered having a regular appointment helps me stay on track with commitment to my goals without becoming bored. My appointments with all the instructors have been great. They all use the Fitness First system with their own style. Regardless who works with me my appointments are very consistent.

"I am an owner/president of a manufacturing and distribution company requiring most of my working days at a desk. I realize I need a routine motivating me to commit a portion of my week to physical activity. Fitness First has formulated the routine and I have made the commitment. I now have more energy, feel better and improved productivity as a result of this commitment to my health.

"When I first started strength training at Fitness First I had issues with my shoulders and hips. However, the training has improved both areas very much. I feel stronger and more flexible as a result. My wife and I enjoy hiking together and the improvements in my hip muscles due to strength training at Fitness First have allowed me to enjoy this activity even more. I am very satisfied with my progress and plan to strength train at Fitness First to prioritize my health for many years."



Fitness Specialist Tony Austad using a Cybex low back machine with Jim Becker.

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FITNESS FIRST

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