



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 Corrigan, 50 years old, business owner, and father of 4 ranging from 13 to 22 doesn't have time to be out of shape, tired or unhealthy.

"I have been a custom home builder since 1985 and was very active on the job sites until 1992." Jim said, "Running a custom home building business has been very fulfilling, but I certainly don't get the same amount of physical activity on a day to day basis since shifting from the job sites to more office work. Since making the job shift I was thinking about working out for a few years and finally made the commitment. After I made this decision I met a long time client of Fitness First, and he recommended that I contact Steve at Fitness First. So in February 2008, I decided to do just that and it has been a great decision."

Jim has since rediscovered the benefits of being physically fit. "I feel better than I have felt in years. I am more energized, less stressed and all around just feel great. One of the best things about training at Fitness First is that it gets me away from the stress of my office. Previously, I experienced frequent headaches, back aches, and muscle knots in my neck and shoulders. Those aches and pains have all disappeared. Plus, I find my appointments with the trainers at Fitness First to be very enjoyable. I never thought a fitness routine could be fun, but the staff are so great and go out of their way to make you feel comfortable. Steve is not only my fitness specialist but has become a friend. I can't imagine not training there."

The Corrigan family enjoys physical activity and Jim feels that strength training has enhanced this part of his life as well. "We like to go boating every

summer in the Apostle Islands, water ski, fish (both summer and winter), golf, go hiking, and elk hunting in the Colorado Rockies," Jim said. "I feel my training has helped give me more energy to participate in all these activities!"



Above: Jim performing a biceps activity with fitness specialist, Nick.
Right: Jim using a back machine under the supervision of Nick.



for personal training than Fitness First."

Over the past year, Jim's entire outlook has become healthier he feels he is becoming less stressed. "The new found energy I have from becoming healthier physically has carried over into every aspect of my life especially my work," Jim said. "The stress of being an owner and a contractor and dealing with high end properties can be overwhelming at times, but, since going to Fitness First the stress and demands have been easier to handle. Just knowing that I have committed to a twice a week workout keeps me focused. I like the fact my appointments are set around my schedule. Plus, the ease of front door parking and going right in to the studio couldn't be better. Whether someone wants to improve their golf game or just get back into shape and reduce stress at the same time like myself, I can't recommend a better place

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