



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...



Fitness Specialists Jeremiah Jones instructs Jim

Finding time for fitness was difficult for Jim Koewler, a 42-year old software engineer working for Accenture Consulting at the Best Buy corporate campus in Richfield. His desk-oriented job sometimes demands long hours. And with a working wife and active 14-year old twin daughters, home life is also very busy. There wasn't much time to plan or participate in an exercise routine. Fortunately, Fitness First was the perfect solution.

"Fitness First made it very convenient to start fitness training," Jim said. "My wife, Karen, has trained at Fitness First for over 3 years and I've seen the benefits she has gained from training there. She tried to convince me for a long time to train there and about a year ago I finally decided to give it a try. I really had no excuse not to do it. Sometimes we train together and it's always good motivation to have her there. It didn't take long at all before I noticed that my overall stamina, energy level, body tone, and physique had improved as a result of training at Fitness First."

Jim was highly active in soccer, racquetball, volleyball, golf, and basketball leagues. But while playing in an adult indoor soccer league 8 years ago, he turned his body one way while his right knee went the other way. This resulted in reconstructive ACL surgery and 9 months of physical therapy to get back to normal. But even after the physical therapy, he still didn't fully trust his knee and stopped playing all sports except golf. As a result, his health and physical appearance started to decline.

"One of the greatest benefits from training at Fitness First," said Jim, "is that they have not only helped me to get physically back in shape but to get over my mental fear of working with my knee again. I am the head coach of my girls' traveling soccer team and I am much more confident about demonstrating moves, running down the field in practices, and my overall coaching ability."



Jim performing the Pull-Down machine

"At Fitness First, they really get to know you and what you want to work on. Before your first workout session, you get a one-on-one consultation that identifies what your goals are in attending their studio and they customize a fitness program just for you. I also like that fact that you get all the benefits in just two workout

sessions per week. Steve and his great staff explain that you work your muscles to fatigue each session so you need proper rest and recovery. No matter which staff member trains you, they record everything you do from number of reps to weights to seat position on each machine. They are all great!"

Currently, Jim's kitchen is being remodeled and he says that Fitness First helps him to escape the dust, mess, and commotion as well as receive a very challenging workout. Jim feels really good about Fitness First's impact on his life. "Joining Fitness First was a great decision. I haven't felt this good in years, and I've already recommended the studio to many friends!"

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