



FITNESS DIARY

Steve Ritz, Exercise Physiologist, founded Fitness First 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...

Two years ago, like many other adults, Joan Ellis was a confirmed "couch potato". She was not interested in exercise, and had never participated in any sort of fitness training, or organized sport. However, in January 2010, Joan's story took a unique turn. After being a smoker most of her life, and being diagnosed with emphysema, she decided to make some health changes.

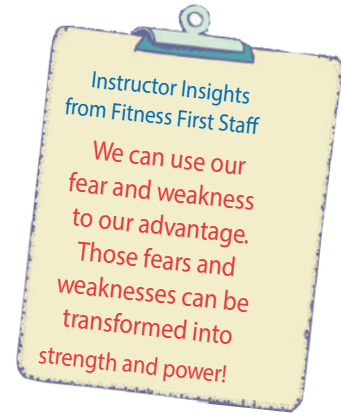


Fitness Specialist Greg Gerding training Joan on a Hammer Strength wide chest machine.

"I made a decision that I was going to change my life no matter what," Joan said. "My lungs were troubling me, my breathing was bad and when anyone gave me a bear hug my ribs hurt like crazy.

In addition to these problems I have been experiencing a typical amount of arthritis for most "baby boomers." An acquaintance referred me to Fitness First. I found that it was conveniently located to work and home and I felt

I had to give it a try. Founder, Steve Ritz, conducted a consultation with me to explain the Fitness First training philosophy and discuss my fitness goals. Initially, I was very anxious since I have never participated in a supervised fitness program. Fitness First designed an exercise prescription that would improve my lung capacity as well as my muscle strength and endurance. I have discovered that Fitness First is a very special business with an awesome staff. My strength training appointments at Fitness First have literally made a new person out of me and helped me develop a body I never realized would be possible. I have always been tall and thin, but have had poor mobility. I went from barely being able to lift 5 lbs to lifting 25 lbs consistently. Due to the loss of lean muscle tissue my metabolism had been slowing. The strength training at Fitness First has reversed that process. It has made my muscles firmer, I can breathe easier, I feel much better, and have drastically decreased my level of stress. My story is proof that it is never too late to start living healthier and attain dramatic results. Improvement of my health has become a personal journey that I have prioritized."



Joan performing a back activity with assistance from Greg.

BE STRONGER FOR YOUR JOURNEY

FITNESS FIRST

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