



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...

John Desautels, a 43 year old, who runs a computer consulting business out of his home was looking for a new fitness plan. He hadn't been exercising consistently for years and was feeling out of shape. His wife Mary had been reading the Fitness First diaries in the South-west Business magazine the past few months and felt personal training at Fitness First would be something to investigate for both of them. After reading a few diaries himself, John decided that this was something he could see himself doing. Now, after beginning training less than 4 months ago, John feels that this is something he will be doing for many years.

"We have two children; a 10 year old girl and a 9 year old boy," John said. "It feels as if they are growing up way too fast. I decided that I would cut back my work hours and spend more time with my children. My children are involved in many healthy activities including gymnastics, skating and swimming. My wife and I felt we should be investing in our own physical fitness. I wanted to add exercise into my life to create a more balanced, less stressful lifestyle to become healthier so I can keep up with my children. Going to Fitness First works out just perfectly for me. Time is money and by going to Fitness First, I park right at the door, go inside, no waiting, start with a warm-up, go through my supervised workout, and leave to return home within one hour. Because of the flexible scheduling, I can fit the training sessions in during the middle of my work day so it doesn't interfere with my family time. Going to Fitness First is not intrusive to

my schedule but a very concentrated and efficient workout. You get the great fitness benefits in just two 45-60 minute workouts per week.

You would have to go at least one hour, three or four times a week anywhere else to even begin to see the results that I am getting from going to Fitness First."

"You must have the mind set that fitness training is not a quick fix process. Going to Fitness First is a lifestyle change that will require patience and persistence. Personal training at Fitness First has had such a positive impact on my life. I have never really paid much attention to my body or even put thought into what I was eating or drinking. I also used to experience lower back pain intermittently and since I have been strength training, I have not had any pain."

When asked about what future goals John sees for himself at Fitness First, John replied, "I just finished my 20th session so I am excited to start my new routines. Historically, when it comes to fitness or exercise I am not that committed or do well independently, so having the support of the staff at Fitness First, with the convenience and structure makes me want to go there and do it!"



John training with Fitness First Owner, Steve Ritz

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