



FITNESS DIARY

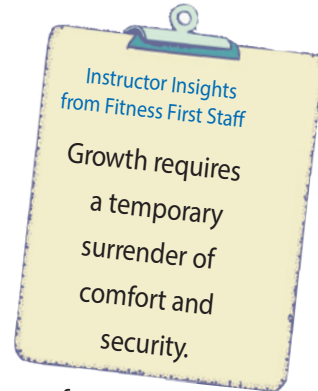
Steve Ritz, Exercise Physiologist, founded Fitness First in 1998 in Chaska. His second location in Excelsior opened in 2008. Steve earned a Bachelor of Arts degree from Gustavus Adolphus College and a Master of Arts degree majoring in Exercise Physiology from MN State University, Mankato.

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...

Joy, 39 years old, is feeling more like living up to her name these days.

"I used to belong to a health club," Joy said. "I liked it, but at the same time it wasn't the right fit for me. I thought what I wanted was a good aerobic workout but I actually ended up stressed out. The club was out of my way, and I never knew if I was on the right track because I never received one on one instruction or attention. I began to dread the thought of going to the club. Every day, on my way to work, I drove right by Fitness First. Finally I decided to give them a call to schedule a consultation. Steve, Fitness First owner, explained that Fitness First provides one on one appointment only strength training; a type of fitness training I had never experienced. Plus, he told me that the staff would actually conform to my schedule! I realized I had found the two things I really needed and wanted in one location. Since starting there in January of 2010, I have already experienced a difference. My clothes fit better and I have gained muscle strength. My shoulder, which I have injured way too many times over the years, has already greatly improved. However, I struggled in the beginning with the method of the training used at Fitness First. As my training progressed, the staff increased the amount of weight I was using, rather than increasing the repetitions performed. This was something I was not used to and I felt sore, challenged and fatigued. Steve explained this is an efficient method to increase muscle strength. Ironically, at just about this same time, I started really noticing I was making substantial improvements. Not too long ago, I had an episode where I slammed my fingers in the car door and felt I would not be able to work out that week. Steve and his staff encouraged me to come in and they modified the training so I could work around my sore hand. I know I am on the right track toward my goals. I am a goal oriented person and I really like the goals that Steve and the staff at Fitness First have helped me establish."



Fitness Specialist Greg Gerding assisting Joy with the dumbbell shoulder press.



Greg instructing Joy on a Hammer Strength biceps machine.

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