



# FITNESS DIARY

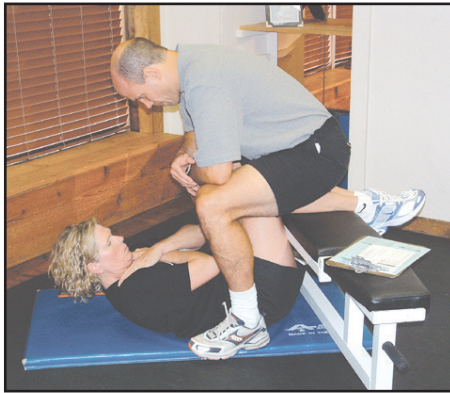
Steve Ritz, Exercise Physiologist, founded Fitness First in 1998 in Chaska. His second location in Excelsior opened in 2008. Steve earned a Bachelor of Arts degree from Gustavus Adolphus College and a Master of Arts degree majoring in Exercise Physiology from MN State University, Mankato.

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...**

"One interesting thing about training at Fitness First is that it makes me more aware of other health issues in my life," Julie Kaiser-Braden, 49, Chaska said. "I am aware of what I eat, what I do...it makes me live a more overall healthy lifestyle."

Julie started training at Fitness First after having neck surgery.



Fitness First owner, Steve Ritz helps Julie Kaiser-Braden train.

"I hadn't worked out in quite a while and knew that I needed all the help I could get to make my recovery process as safe and efficient as possible," Julie said.

"The one-on-one appointment only process really helps me. The trainers at Fitness First set up a program that was based on my individual needs and work with me so that I follow the

program and perform the exercises correctly. They insist on proper form and motivate me to continue with my goal of getting back in shape. I, like other women had concerns of gaining size with strength training. Since consistently training at Fitness First, I have noticed

my strength has increased and my clothes that used to feel tight are now fitting more comfortably.



Julie Kaiser-Braden trains with Fitness First owner, Steve Ritz

Julie is now fully recovered from her surgery and active at home and at work.

"I've found that the fitness training I receive at Fitness First gives me more energy so I get through my day at work and still am able to be active with my children. I also have received many compliments about the way I look, which is always encouraging."

Looking ahead to her upcoming milestone birthday, Julie commented, "I have a goal of being in really good shape by the time I'm 50. With the personal help I am getting from the wonderful staff at Fitness First I know I am going to reach that. I am happy with my progress and will continue working towards my goals at Fitness First."

## BE STRONGER FOR YOUR JOURNEY

**FITNESS FIRST**

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