



# 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 Specialist Tony Austad assisting Kathie as she reaches muscle failure on a MedX leg extension.

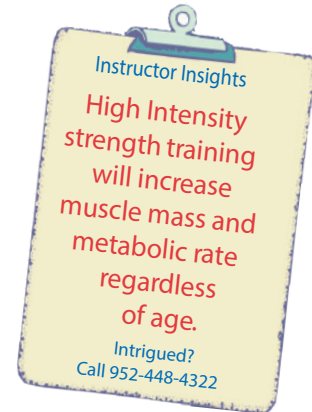
Kathie Anderson, 66, wanted to reach an optimum level of balance in every aspect of her life. "I wanted to improve my muscle development, bone density, lose body fat and gain the ability to live an active and independent life," Kathie said.

"To accomplish this, I needed to locate a fitness company that would be able to accommodate my scheduling and lifestyle requirements."

Kathie made the decision to "Do ONE thing, make one hard commitment and count on a ripple effect into other areas of her life." Having read the Fitness First diaries

over several months, she picked up the phone and made an appointment for a consultation with founder Steve Ritz on January 2, 2010.

"After discussing my goals and objectives with Steve, along with my unique scheduling requirements, it was evident that Fitness First was going to fit the bill," Kathie said. "Since then my strength training at Fitness First has not only been incredibly positive, but it has been very educational. For example, working to muscle failure was a totally new concept to me. Initially I was fatigued and sore after a workout. Now, while I can definitely feel I have had an intense workout, I am energetic without stiffness and pain. This reflects a new level of conditioning. Plus, the ripple effect that I was hoping for has taken place in other areas of my life. Just because Medicare will pay for a walker or a wheelchair doesn't make me want to use either anytime soon... or ever. The human body has an amazing ability for recovery and growth at any age. Guess it's the old 'use it or lose it.' Bottom line, I am looking forward to training with the Fitness First staff to continue working toward my goals."



Kathie performing a back activity on a Nautilus leverage row under the supervision of Tony.

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