



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...

Katie Tierney, 36, of Chaska goes to Fitness First for "Me Time."



JJ Assisting Katie prior to her next activity.

"I see the two weekly personal training appointments I have at Fitness First as an encompassing holistic approach to good health and emotional well being," Katie said. "I'm not the typical 'must work out to lose weight' person. I go to enhance muscle development and improve emotional strength. I now feel stronger physically, mentally and emotionally from my personal training program."

Katie has been training at Fitness First regularly since August of 2008. She had driven past the studio, on East Second Street in Chaska many times and when she decided to do something specifically for herself, she started to investigate more closely.

"I read reviews and checked out other personal training options," Katie said, "That helped convince me that Fitness First was the right choice for me. It has been a great experience. The training is difficult physically and mentally, but you feel a great sense of accomplishment when you reach your goals. Seeing the strength I have gained makes me feel good about the entire program. I have seen healthy muscle development and my metabolism has adjusted nicely as well. Weight loss is not an issue for me, but I feel much better than I did before I began training."

One of the goals Katie is hoping to accomplish through strength training is the ability to compete in the 2009 Chaska River City Days Triathlon. "In the Triathlon you swim approximately .4 mile, bike 15 miles and run 3.1

miles. Without the training I have been doing at Fitness First I don't think I would even be thinking about entering."



JJ performing a leg activity with Katie.

The flexible appointment only scheduling Fitness First offers allows Katie to work her training around her day to day life, which is a very important benefit. "I have four small children, ages 7 and under," Katie said. "I really appreciate the flexibility of going to Fitness First early in the morning. It helps me to focus on

myself before spending the day with my children. The benefits I receive from the sessions are also helpful for my family. I have more energy, I am emotionally stronger and more capable of dealing with all the things that happen throughout my day."

Katie also experienced an immediate health benefit from her training. "Shortly after I began at Fitness First," Katie said, "I had to have surgery. My recuperation was much faster due to the training I had already completed. I see myself continuing personal training at Fitness First for a long time to come!"

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