



# 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.

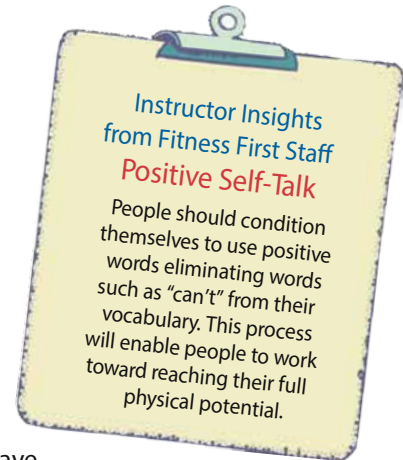
**Read about the success of one of Fitness First's Clients...**



Keith Wenner, 53 years old, says it is Fitness First's consistent professionalism, flexible scheduling and intense training that has helped him stay fit for the past 3 years. "I raise hogs, and grow corn and soy beans," said Keith. "So basically from April through late fall, my schedule and life belong to the farm. I work 14-16 hour days from morning to night. I don't have

time to sit back once the snow melts. When the ground thaws and spring arrives, my adrenaline kicks in and I have to be on target to handle the stress and endless days. I also love to play tennis in addition to farming. I play tennis very often which led to some knee issues causing me to consider arthroscopic knee surgery. Steve and the staff at Fitness First have helped me improve the strength around my knee virtually eliminating the pain. This improvement in leg strength has also positively impacted my farming duties. In spite of all the state of the art motorized equipment on the farm, it is still a physically demanding job."

Keith is pleased with the physical changes he has experienced. "Now I am able to perform all the physical tasks with ease. I am much more energized and able to handle the stressful demands of the job both physically and mentally since training with Fitness First personnel. My favorite thing about my training appointments with the Fitness First staff is knowing I will have an effective training session with an experienced professional. I know I could never get the results I have achieved while training on my own. The Fitness First staff know how to push you to your limits without causing harm to yourself. The appointment with a Fitness First instructor really motivates you to train consistently leading to consistent results."



## Instructor Insights from Fitness First Staff Positive Self-Talk

People should condition themselves to use positive words eliminating words such as "can't" from their vocabulary. This process will enable people to work toward reaching their full physical potential.



Keith performing a chest press under the supervision of Fitness Specialist Scott Mangen.

## BE STRONGER FOR YOUR JOURNEY

### FITNESS FIRST

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