



FITNESS DIARY

Steve Ritz, Exercise Physiologist, founded Fitness First 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...



Linda training with General Manager Tara Seifert

When Linda Salonek reached her early 40's she decided it was time for a change. She had always tried to stay fit, but she was dissatisfied with some of her workouts and the gyms that she had joined in previous years. She decided she was looking for something different. So, about three years ago, on a recommendation from a friend, she visited Fitness First and has been training there ever since.

"Really, there are so many things I like about Fitness First," Linda said, "but one of the main things

is that if I walk in feeling tired, I leave feeling great. I like the staff and they not only interact well with me, but their interaction among themselves is so positive. It's such a great environment which changes your entire outlook on life. The energy that I generate by training there is amazing. When you work on your physical being, it reflects in your emotional state as well as your self-esteem."

"I feel the staff really cares," Linda said. "That results in a better workout and in turn how I react physically in my day to day life. I can't stress enough how this aspect has positively changed my life. I feel much better, I am much more confident, and my self esteem has improved so much, I can't even describe it."

Years ago in high school, Linda suffered a knee injury and as a result she developed Arthritis. A year and half ago, she had a partial knee replacement which has limited some of the sports and exercise routines she can enjoy.

"Using Fitness First's appointment only approach to training, I have been working on my strength, and flexibility," Linda said. "Now I am getting back the



Linda concentrates on proper form

strength that was lost as a result of the surgery. They push me hard however, I like that because I see such positive results. Being semi retired, training here keeps me motivated to be in better shape. The older you get, the more you need physical activity to do that. I plan to continue maintaining my physical condition as I age, and Fitness First is an integral part of that. I can't imagine not going there and I recommend it to anyone

who wants to improve physically, mentally and emotionally. No matter what your physical challenges or goals may be. Fitness First can help you achieve what you want. When you reach your physical goals, you feel better emotionally and that can't be beat!"

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