



# 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...**

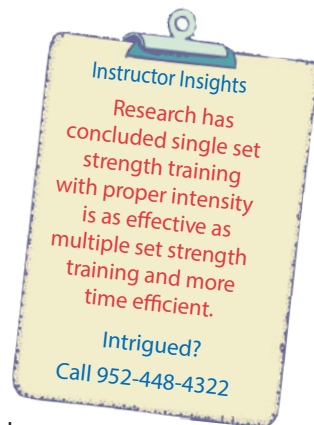


Fitness First staff member Jason Ek assisting Lorraine on a Hammer Strength wide chest machine.

Lorraine Dressel, 61 years old, has been reading the Fitness diary feature in Waconia Business for many years. She knew that fitness training would provide many health benefits however, she has such a busy schedule beginning a program did not become a priority. Recently, Lorraine started experiencing pain and discomfort in her hips and shoulders. This pain in her hips and shoulders served as the catalyst for Lorraine to make decisions to improve her health.

"Strength training at Fitness First twice a week has improved how I feel mentally, emotionally and physically," Lorraine said. "Maintaining my independence is very important to me. I am choosing to prioritize my health today to hopefully minimize the need for assistance as I age. I am still very physically and mentally active and hope to keep it that way as long as possible."

Lorraine works part time as a registered nurse at the Waconia Good Samaritan Health Care Center and is co-owner of Underneath It All a boutique in Eden Prairie specializing in under garments for women after breast cancer procedures. "My appointment only strength training at Fitness First has improved my fitness allowing me to handle my busy work schedule. I have improved energy levels and my stamina has enabled me to tackle the long hours on my feet much better than before starting appointments at Fitness First. As far as the pain in my hips and shoulders are concerned, they are almost a thing of the past. I used to sleep with a heating pad on my hips every night and now I no longer have to do that. I feel so much better when I wake up every morning ready to start my day. I am enjoying my new found energy and well being due to my strength training appointments at Fitness First."



Lorraine performing a triceps activity with Fitness First staff member Jason Ek.

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