



# 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...**

by Mary Heiland, Fitness First client

Earlier this spring, I was faced with several health issues that I knew I could not resolve on my own. I had read several client testimonials from Fitness First in various community publications as well as seeing advertisements in more than one local newspaper. I remember thinking, "Good for them, but what about me?" It was not until I called and talked with the staff, and then followed up with a personal visit, did I realize that everything about Fitness First was going to be about me. It became clear that the one-on-one customized approach provided by Fitness First was the key to my success. We were going to work together to meet my personal goals and I was not going to be lost in a sea of other club members.



Mary trains with Fitness Specialist, Greg Viland

I like Fitness First's commitment to make every minute I spend there count toward reaching my goals. From the design of the routine, to the setting of the equipment, to the execution of the protocol, to managing my schedule; everything is being done to help make me successful.

The results I've seen have been phenomenal. I have just begun my third 10 week session at Fitness First. When I envision myself as I was at the start of my first session, I think, "Wow, who was that person?" I did not even know how to breathe properly, my range of motion was very limited, my strength was practically nill, I was suffering from a weak back and I was not at a comfortable weight. Today, I am very proud to say I have made



Greg Viland, Fitness Specialist, training Mary

significant progress in all of those areas. My family and friends see the physical and personal difference in me which is a result of my work with Fitness First.

Everything about Fitness First exceeds my expectations. To be honest, when I signed up for my first 10 week session, I had no intention of returning for a second session. I thought I would learn the basics, and then join another club closer to my home and one with the 24/7 type of flexibility. Within two weeks, I knew I wanted to do everything I could to stay with Fitness First.

I am happy to have the opportunity to say "go for it" to anyone who is even remotely thinking about a workout program. Fitness First is truly a "come as you are" environment – but, then, hang on to your hat, because you are going to see and feel positive changes. It is not easy to make this type of commitment and to work through the aches and pains – but the reward is priceless!

## BE STRONGER FOR YOUR JOURNEY

**FITNESS FIRST**

(952) 448-4322 · Chaska, MN  
 (952) 401-4322 · Excelsior, MN  
[www.fitnessfirstmn.com](http://www.fitnessfirstmn.com)