



# 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...***



Steve Ritz assisting Mary through some repetitions on a Nautilus leg press.

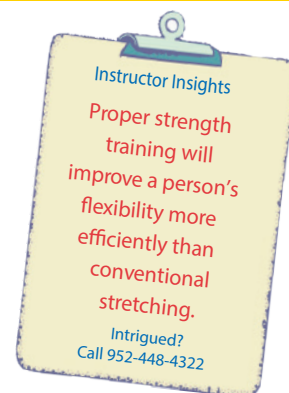
Mary Kraemer, a 73-year-old mother of 2, grandmother of 5 and great grandmother of 2, is proud to boast about her age and wants to be an inspiration to others. She firmly believes that you are never too old to improve your fitness.

"Throughout my life I have participated in water aerobics and walked very regularly. However, during the spring of 2011 I felt as though my improvement stopped with both activities. I

was frustrated with my lack of progress, wanted to safely increase my strength and was not sure who

to contact. At Fitness First I found knowledgeable instructors who took my concerns seriously," Mary said.

"When I arrived at the Chaska office for my initial consultation with Steve Ritz (founder) I was impressed with the quantity and quality of strength equipment. Many of the machines looked intimidating because I had never seen or used any of them. Steve quickly eased my mind by explaining the appointment only strength training at Fitness First is customized specifically for each client and very closely supervised. I have grown to feel very comfortable because the staff at Fitness First provide very thorough instruction. I have never felt embarrassed if I am not performing something correctly. At my age, I was concerned I might overreach my limits and injure myself. The staff at Fitness First has been very considerate, patient and understanding. One of my primary goals was to strengthen my body to ease my fears about losing my balance and falling. I have achieved that and more. Now, I can not imagine my life without my strength training appointments at Fitness First."



Mary performing a chest activity with instruction and assistance from Steve Ritz.

## ***BE STRONGER FOR YOUR JOURNEY***

### **FITNESS FIRST**

(952) 448-4322 • Chaska, MN

(952) 401-4322 • Excelsior, MN

[www.fitnessfirstmn.com](http://www.fitnessfirstmn.com)



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We are very excited to introduce you to Mary Kraemer. Mary is an inspirational client of ours. She will turn 80 on August 5<sup>th</sup>, 2018 and is excited to enjoy a trip to Scotland in celebration. Mary has been strength training with us in preparation to fully enjoy her vacation.

Mary has primarily been walking to stay active. "I felt I should possibly strength train as well but was fearful without any professional guidance. I discovered Fitness First at a Women's Expo and was intrigued by how different they are compared to traditional health clubs. This meeting and consultation occurred in 2011 and I have been making appointments twice a week ever since."

We are a private strength training clinic where our instructors educate and train clients on the physical, mental, and emotional benefits of strength training. Our prescription for exercise includes one or two intense 30-60 minute appointments a week.

We asked Mary about her Fitness First appointments. "It's an excellent experience. You are the primary focus of the instructor during your appointment. They show you proper body position and safe use of the equipment. I admit, afterwards I am a bit sore, but it's worth it. All of the instructors at Fitness First are invested in you personally. You work hard, but it's enjoyable."

Our instructors undergo extensive education and guidance. Our staff is highly educated, experienced, certified as well as extremely caring and encouraging. Our goal is to build genuine relationships with our clients.

"My family health history includes cardiovascular disease and dementia. I want to avoid that for as long as possible. My body weight has stayed about the same, however, I have gained muscle and shed some fat. The training also helps with my hypertension. I had a career in the healthcare industry and understand the benefits of exercise with proper nutrition.



Mary enjoying a spring snow activity with her great grandchildren Ty and Lexi.

Having a firm appointment at Fitness First two times a week helps me stay on track with my health goals!

Strength training can help with a variety of health concerns like reducing joint pain, increasing flexibility and stability, lowering your risk for disease and allowing you to live the physically independent lifestyle you want, with confidence. "Fitness First is very accommodating. They are truly very interested in you, so you become stronger. They never criticize and always offer encouragement. Overall, it's a very positive experience. I'm so glad I started going there. I see the benefits for myself and I encourage others to give it a try."

We are thankful to have clients like Mary who are committed to their health. We encourage people of all ages to experience how we are different from a typical gym or health club.

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