



# 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...**

Nancy Kaley, 41 year old mother of three very active boys has been going to Fitness First for over two years and says it was one of the best decisions that she has ever made. "I discovered Fitness First when I was looking for a place to lift weights (mainly for the purpose of losing weight) and get in shape. Then I saw an ad and couldn't believe it was right around the corner from where I worked at the time," Nancy said.



Nancy is ready to train on the leg press

Going to Fitness First has had a positive impact on Nancy's life, not just in the muscle gain and weight loss she has experienced, but in other ways as well. "Six months after I started, at Fitness First, I quit smoking," Nancy said. "This was a huge accomplishment for me. I had been a smoker for over 20 years and really wanted to quit. Now, I have been smoke free for over 2-1/2 years and I definitely attribute improving my health and my success to the reinforcement I received at Fitness First. The longer I have been personal training there, the more committed I am to the program and the more I want to keep fitness in my life—always. We live in a society where everything is a quick fix and training there gives me permission to understand that this is a lifestyle change and one I will want to do slowly to fully reap the benefits. The trainers at Fitness First really teach you to understand it's a life long journey."

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"During my first two years of going there, I was an addiction Counselor. As you may imagine, I had an extreme amount of career stress. During that time, Fitness First provided a great outlet to manage my stress. Now, I am on a hiatus from that career, taking a much needed break. I went back to where my career life started and am waitressing again. I love it and enjoy it even more because I don't experience the typical occupational aches and pains because of my workouts at Fitness First. I was able to jump right into it without a problem."



Tara Seifert, Fitness First Manager, instructs Nancy

Nancy's 16 year old son is in football and wrestling and has trained at Fitness First as well. Nancy also expects her 12 and 10 year old sons will follow suit as they get older.

"As far as my future is concerned my plan is to work on implementing a diet that will go hand in hand with my fitness training and hopefully lose more weight," Nancy said. "I am much more motivated because I know I am doing something for myself that makes me a healthier person. Proper fitness training at Fitness First is truly a lifestyle change and not just a fad or a temporary measure. For me it is a new way of thinking and an exciting life long approach that makes me very proud."

## BE STRONGER FOR YOUR JOURNEY

**FITNESS FIRST**

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