



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...



Nick instructing Norm as he uses a MedX biceps machine.

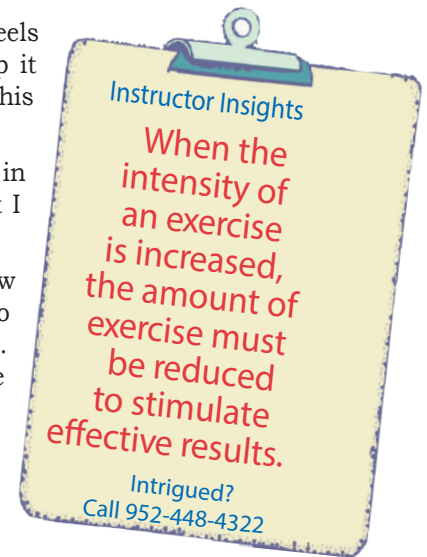
Norm Domholt, 61 years old, is a person who feels much younger than his years and plans to keep it that way. He comments that he has discovered his "fountain of youth" at Fitness First.

"Since I started strength training at Fitness First in February 2012 I am amazed at the improvement I have made physically and mentally," Norm said.

"The Excelsior location is conveniently located a few blocks from my house eliminating any excuse to make my weekly strength training appointments. I was searching for a way to improve my muscle strength and development, energy level and quality of life. Strength training at Fitness First only twice a week has enabled me to show improvement in all of these areas. Owning an electro mechanical design company provides a flexible schedule.

However, it also adds stress to my life. My stress management plan is to find various activities to keep me rested and sharp. My goal is to stay active and have life away from work as stress-free as possible. The strength training appointments at Fitness First keep things in balance for me. I used to make excuses for not taking time off to

do the things I enjoy in life like camping and bike riding. I enjoy bike riding and how it has improved my cardiovascular endurance, but I have been disappointed in my muscle strength and development. Fitness First has helped me improve this area and I have experienced benefits throughout my entire week. The benefits of my strength training appointments at Fitness First have exceeded anything I have ever done. I feel great every morning when I get out of bed. Everything is easier for me - from chopping wood, sawing, standing, sitting - everything. I no longer have excuses or fears about having an aching back. I approach my strength training at Fitness First as making deposits in my health account. I am managing my own elder care as I age and view it as a necessity I will no longer ignore."



Norm performing an activity to strengthen his neck with Fitness Specialist Nick McCoy.

BE STRONGER FOR YOUR JOURNEY

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(952) 448-4322 • Chaska, MN

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www.fitnessfirstmn.com



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Norm Domholt climbs effortlessly to his deer stand.

Norm Domholt, 65, has been making strength training appointments at Fitness First since February 2012.

"When I turned 60, I realized I had to do something. Time and gravity are relentless and I was spiraling down. During the initial consultation appointment at Fitness First I discussed my goals. Looking back they were very modest. I remember saying I would be happy being able to get in and out of my car with ease. People had brainwashed me into believing weakness and age went hand in hand.

"After I began strength training at Fitness First I saw results within the first month. I am a stubborn person and while working with an instructor I argue with myself when performing the last two repetitions of any set. I keep telling myself there IS always more in the muscle I am using as I get the encouragement to use it. The instructor manages the count and the mechanics of each exercise allowing me to get the most out of every muscle.

"As I progressed through my strength training appointments I found a new sense of confidence I did not expect. In fact my experiences include:

- When I am climbing the ladder into my deer stand while bow hunting I find myself going up as slowly and as controlled as I can make myself climb. It is just fluid. I reach the top and my breath and muscles feel like I just took a stroll on flat ground.
- I stand taller and carry myself with authority.
- I have more enthusiasm in general and improved productivity at work.
- My new found self-confidence even allowed me to meet and marry the most wonderful woman in the world! Without Fitness First, I never would have had the guts to even ask her out.

"So my question to any reader is, 'If you do not start now, where will you be in three years?'"

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