



FITNESS DIARY

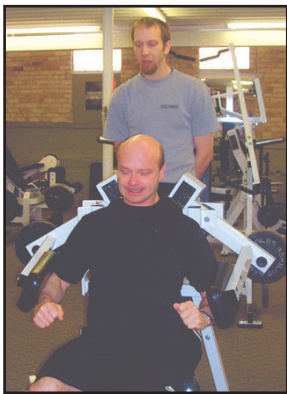
Steve Ritz, Exercise Physiologist, founded Fitness First in 1998 in Chaska. His second location in Excelsior opened in 2008. Steve earned a Bachelor of Arts degree from Gustavus Adolphus College and a Master of Arts degree majoring in Exercise Physiology from MN State University, Mankato.

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...

Paul Zander, a 46 year old Hematology Oncologist has a very demanding, time-consuming profession. Coupling that with being a father to two young children, he doesn't have much time for himself.

"About four years ago, I began looking for the right fitness training program to improve my health," Paul said. "I heard Steve Ritz talk about Fitness First on a local radio talk show and it seemed to be just what the doctor ordered. The customized routine designed for each individual client, the appointment only one on one training, and the flexible training schedule to accommodate my busy lifestyle was what I was looking for in a fitness facility. I especially love the relaxed atmosphere which is very private and essentially distraction free.



Paul training with fitness specialist, Aaron Kipp

"My experience with training at Fitness First has been nothing but positive," Paul said. "You develop a relationship with the trainers and really learn from them. As the relationship grows the staff gains an understanding how to challenge and motivate you to pursue your fitness goals. The staff recognizes your physical, mental and emotional strengths and weaknesses so they can put you in a position to be successful attaining your overall

health goals. They want you to accomplish your goals as much as you do!

"As far as my personal accomplishments are concerned, not only did they help me improve my muscle mass and strength, but they have helped me with weight management as well. As a result of my personal training at Fitness First, I have decreased my body fat, broadened my chest and shoulders and decreased my waist. I have continued to maintain a healthy body weight and have improved my energy at home and work. The training has helped me to manage my stress levels. I endure long work hours and manage my stress more efficiently and also have positively impacted my snow and water skiing.



Paul using the high row machine

"It has been very exciting to improve each and every workout which has lead me to keep my long term goals in mind. I would

love to continue this level of activity to improve my health and wellness. Going to Fitness First has truly become my favorite pastime!"

BE STRONGER FOR YOUR JOURNEY

FITNESS FIRST

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