



# 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...**



Fitness Specialist Tony Austad coaching Richard on a low back activity.

Richard Peach, 62, often recognized names when their Fitness First experiences were profiled in the Fitness Diary segment of the Southwest Business magazine. Reading their success stories encouraged him to investigate the services offered at Fitness First.

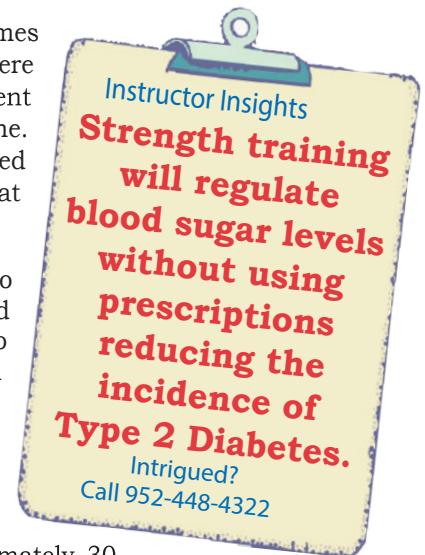
“I was searching for a method to increase energy, reduce work related exhaustion and improve my stamina to perform tasks around the house such as yard work,” Richard explained.

“I decided to contact Fitness First to

make an initial appointment for a consultation. I began strength training at Fitness First during February 2012 with two weekly appointments. I am continually amazed at the efficient and effective results I achieve with only two 45 minute appointments per week. When I first began strength training at Fitness First I needed approximately 30 minutes to recover from appointments. I now am able to tackle my day immediately after appointments.”

“Having an appointment at Fitness First works more effectively for me than relying on self motivation to workout at a commercial health club. I value the supervision the team of experts provide at each appointment. The instruction and attention to detail the Fitness First instructors provide ensures I am performing every activity safely with very efficient progress toward my goals.”

“My job has me interacting with many companies involving a great deal of travel which takes a toll on my body. The strength training at Fitness First has assisted me with the rigors of travel. I do not feel as exhausted when I return home and have experienced very positive results on my overall health. Since I am diabetic and have high blood pressure I recognize the importance of prioritizing my fitness to deal with these conditions. I plan on continuing my commitment to strength train at Fitness First for many years!”



Richard Peach using a MedX biceps machine with supervision and instruction from Fitness Specialist Tony Austad.

## BE STRONGER FOR YOUR JOURNEY

**FITNESS FIRST**

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