



# 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...**

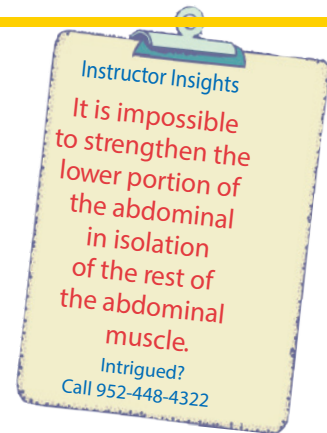


Rick using a Nautilus abdominal machine with instruction from Nick McCoy.

Rick Ford found Fitness First by finding Steve Ritz. Back in 1999, Rick had invited Steve, owner and founder of Fitness First to appear on a public TV show that Rick was producing for a Chaska cable station. During the interview for the show, he learned invaluable information about fitness, weight management, and changing your lifestyle to live a healthier life. Fast forward 12 years, and Rick decided at almost 58 years of age it was not too late to finally start a fitness program.

"I have a busy life being a third year member of the City of Chaska Council, and owning an Insurance business," Rick said. "However, improving my fitness level has become a priority. I am getting married in August 2011 which is a great incentive. The fact that Fitness First is conveniently located near my work in downtown Chaska also made it much easier for me to commit to a program. Being directly involved with health

insurance, I know all too well the health risk factors. The way I view my appointment only strength training at Fitness First is like buying a fitness policy on my self. I have always been one to take care of myself, but not to this degree. Fortunately I have had no broken bones or sports injuries throughout my life, and my goal is to keep it that way as I age. I am in a business where appointments are everything. I appreciate the fact that Fitness First is operated the same way. When I put my training appointments on the calendar, I know that it is an appointment I cannot miss. This really holds me accountable. I plan to continue what I am doing because it works. I am strengthening my muscles, reducing my body fat and I am ready to live a stronger more physically fit life. I like the entire philosophy of Fitness First. The staff at Fitness First strive to keep their clients satisfied and help them reach their fitness goals."



Rick strengthening his legs on a Hammer Strength leg press with assistance from Fitness Specialist Nick McCoy.

## BE STRONGER FOR YOUR JOURNEY

### FITNESS FIRST

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