



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...

"I have read articles published in Waconia Business for months describing the Fitness First training program," Scott Johnson, 32, Victoria said. "I really wanted to get back to my college weight and

I was tired of joining gyms, working out for 2 months and then quitting because I wasn't getting the results I wanted."

Scott found that when he tried to train on his own, he just wasn't able to be efficient and he wanted something more.

"I had tried using the personal trainers available through the various clubs," Scott said, "but using a trainer was always the exception rather than the norm. I wanted to flip that around. That is exactly what I found by coming to Fitness First."



Scott trains with Fitness Specialist, Greg Viland

Scott started training in January of 2006 and through using a "lower carb diet" and the SEE-FIT exercise program at Fitness First has lost an amazing 30 pounds.

"When I started I told the staff at Fitness First I was going to use my treadmill for an additional 30 minute workout three times a week," Scott laughed. "With a busy job and three kids at home who want to play, that really hasn't happened. But I am extremely pleased with

the results from my efforts at Fitness First. One of the main things I have learned over the past six months is that it's not about how MUCH weight you lift, it's about HOW you lift the weight. When I was in college, I just wanted to brag about the weight I could bench. Now, I understand that you have to make your workout fit with

your body. Every person needs a different technique and protocol to get the maximum results."

Scott has a real focus on time management in order to maximize his fitness program.

"Training at Fitness First means you never have to workout alone," Scott said. "You are always working as a team with your Fitness Specialist. When you get



Greg Viland, Fitness Specialist, training Scott Johnson

to the point where you feel you can't do any more, they are there to push you just over the edge. It's during that short time, when you are working at your maximum, and get the most benefit to your workout. This allows you to have the shorter workout schedule and still see maximum results!"

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FITNESS FIRST

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