



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...



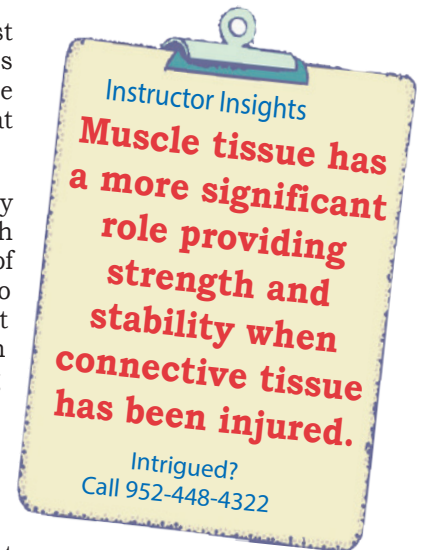
Shelley Jagow using a Nautilus leverage row with instruction and supervision from Fitness First founder Steve Ritz.

Shelley Jagow, 50, met Ryan Doheny a Fitness First employee in October 2013 at a Waconia business networking meeting. This sparked interest about the customized appointment only strength training at Fitness First.

"I realized I needed to make a change and prioritize my health. I neglected my physical and emotional health for too long. Physically I have issues as a result of osteoarthritis and emotionally I need physical activity to help manage many life changes. Ryan was very patient and professional while answering questions in addition to providing information about the SEE-FIT training system developed and used at Fitness First. The meeting with Ryan prompted me to contact Steve Ritz the founder of Fitness First to make an appointment for a consultation in December 2013. During this meeting it was very evident how competent and passionate the entire team of experts at Fitness First are compared to other organizations I researched. I could tell great pride is taken in everything they do. I felt the thorough instruction provided would ensure I could get the

most out of myself at every appointment.

"During 2013, after working in Corporate America for 25 years, I decided to establish a promotional marketing business while being a single parent of three children from a sophomore in high school to college age. The flexible appointment only scheduling system at Fitness First is very helpful allowing me to prioritize my health. My work can be very stressful and mainly sedentary. The strength training appointments at Fitness First force me to be active which creates a positive footprint for the rest of my week. Previously I have trained for marathons and other physical challenges requiring months of preparation. However, I have noticed more effective physical and mental improvement as a result of my two weekly strength training appointments at Fitness First in a shorter period of time. I have added drive, self discipline and take better care of myself as a result of my Fitness First appointments. My experience has been very positive."



Steve assisting Shelley perform an abdominal activity.

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