



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...

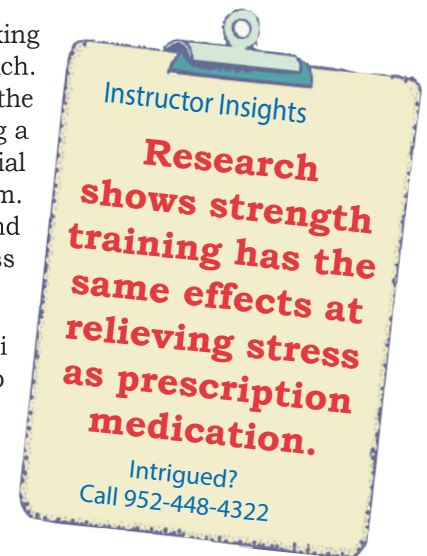


Greg instructing and assisting Sheri with a shoulder activity.

Sheri Murphy, an empty nester in her 40's was looking for a fitness and weight management approach. During her search, she read a Fitness Diary on the Fitness First website that happened to be profiling a former co-worker and acquaintance. His testimonial was so positive that she decided to contact him. He confirmed everything he said in the Diary and encouraged her to strongly consider hiring Fitness First.

"I really wanted to improve my fitness," Sheri said. "With my two daughters in college I had no excuse and nothing holding me back. I wanted to lower my body fat, gain strength, and manage stress. Plus, since my husband and I had started running together, I also wanted to strength train to compliment my running. I started strength training at Fitness First November 2011 twice a week for 45 minutes per appointment and have had very positive results. I am an accountant spending

the majority of my day at my desk with very little activity. My strength training appointments at Fitness First get me moving and help me manage my work stress. It does not matter which staff member works with me, they all have been terrific. They each bring their own style to the appointment, picking up where the previous instructor left off in my prior appointment. I have found the staff at Fitness First to be remarkably consistent! I really enjoy how I feel after my appointments. I attend my appointments after a stressful day of work, do my routine and feel my stress level go way down. I have a much healthier attitude when I complete my training appointments which stays with me, and the feeling of being overwhelmed from work disappears. The strength training at Fitness First has really made me aware of my overall health and wellness. It has helped me with my mental attitude and nutritional awareness. In the future, I look forward to reaching more of my fitness goals at Fitness First."



Sheri performing a manual resistance leg activity with Fitness Specialist Greg Gerding.

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FITNESS FIRST

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