



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...

Stephanie Geisler is 55 years old and has been working out at Fitness First since Sept. 2004.

"My husband passed away last summer. Between the stress of caring for him and not taking care of myself during the last year of his life, I felt very unhealthy. I knew I needed to do something for myself, but I was not interested in joining a regular health club. I had done that in the past and always felt like you had to be skinny before you even started in that atmosphere.

I saw an ad for Fitness First and as I was reading it, a light bulb went off in my head. I realized what I needed was a small, intimate atmosphere with someone to show me the kind of exercises that would be best for me and help me get to be healthy again.

I went into Fitness First and met with the staff and found them to be wonderful! They all are encouraging and helpful

and they push me just as much as I need to be pushed. I still have very emotional days, and they are so understanding and compassionate, they have helped me learn to be there for myself.

Since starting at Fitness First I have seen dramatic changes. My body has changed shape and I have so much more stamina and strength that it's amazing. I helped a friend move a few weeks ago and spent a whole day carrying boxes. I found I could do it all without getting exhausted. I have some arthritis, and I've found that now I can lift and move and not suffer for it the next day. This is a huge thing for me and it's directly related to the work I've been doing at Fitness First.

I'm not trying to reclaim a 28 year old body, I just want to be fit and healthy. I feel that by going to Fitness First I'm experiencing an ongoing preparation to staying healthy. I have a trip to London coming up and I feel very ready for that. I feel I can do everything, walk all day and still feel good in the evening!

BE STRONGER FOR YOUR JOURNEY

FITNESS FIRST

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www.fitnessfirstmn.com