



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...

Steve Anderson, owner of a technology distribution business, father of an 10 year old boy, and a youth athletic coach, has a busy life. Steve felt like he was balancing life well, but being in his early 40's the realization that he was not getting any younger compelled him to contact Fitness First. Steve decided he wanted to improve his fitness, feel more energetic and become more flexible. Combined with the fact that as a business owner Steve doesn't have excess time, Fitness First was the perfect choice for him.



Steve trains with General Manager, Tara Seifert

"Steve Ritz, owner of Fitness First, mentioned that even though I don't have much time, they offer flexible scheduling at Fitness First. They meet your time requirements with the appointment-only facility. So twice a week, I go for a one hour training session. I started about 10 months ago and it has been well worth the investment. Going to Fitness First has

substantially improved my energy level and has put me on the road to improved fitness. I am making better choices in my eating habits and that along with the workouts has resulted in a 10 pound weight loss in the past 10 months. I play a little golf, tennis and some basketball, and even those games have improved

just by feeling more energetic, being in better shape and having increased stamina. I also have some lower back issues which Fitness First has tailored workouts for me to address this condition. The incidence and severity of flare ups have greatly decreased."



General Manager, Tara Seifert, instructs Steve in the effective use of the pulldown machine

Steve also commented that he really likes the way the staff at Fitness First pushes him to succeed.

"The staff make you feel very comfortable," Steve said. "The first couple of weeks you feel as though you cannot succeed. However, once you get into the routine your body

adjusts. Then, you can't imagine missing a session. You get into a certain mental rhythm and the appointments become part of your weekly routine. Going to Fitness First is always a positive experience and you feel good just knowing you are accomplishing something for yourself not only physically but mentally. I highly recommend to anyone to take time out of their lives to improve their strength, flexibility and energy level. Give 10 sessions at Fitness First a try. It's money well spent! The small investment is worth the rewards and lifelong health benefits."

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FITNESS FIRST

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