



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 Sundberg using a Hammer Strength back machine with instruction and supervision from Fitness Specialist Ryan Doheny.

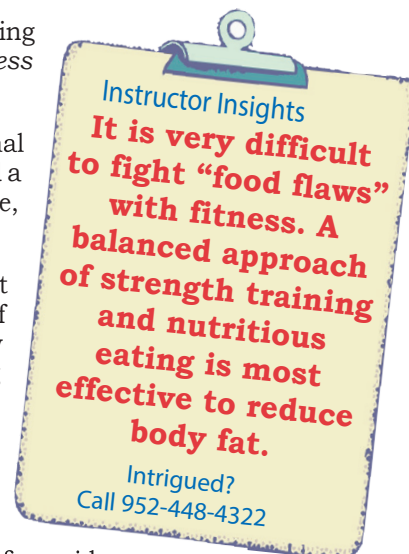
Steve Sundberg, 54, discovered Fitness First while reading the monthly Fitness Diary feature in the *Waconia Business* magazine.

"I read the diaries every month and find the personal accounts very interesting and encouraging. Having started a weight loss program as part of a regime of diet and exercise, I realize the importance of the fitness component."

During September, 2012 Steve had started a Medifast weight loss program and lost a substantial amount of weight. While talking with his weight loss coach they decided it was time to incorporate strength training with the nutritional component.

"I began strength training at Fitness First during January 2013 with two weekly appointments. Since then, I have lost over 100 pounds and have transitioned into the maintenance phase of my weight loss program. Learning the importance of strength training to improve muscle development enhancing my metabolism is a very important aspect of my Fitness First experience. They implement a scientific, evidence based approach to strength training. I have been thoroughly educated on everything I perform at Fitness First. This approach makes the strength training safe, efficient and very effective. My appointments at Fitness First have made a huge difference in my life. I have enhanced muscle development, increased energy and improved flexibility. I also have lowered my blood pressure and improved sleep allowing me to discontinue taking blood pressure medicine and the use of a CPAP machine for my sleep apnea.

"I am a president of a manufacturing company requiring frequent travel. The flexible scheduling procedures at Fitness First have been very helpful for me to prioritize fitness. When my travel schedule requires I miss appointments, the instructors are good at adapting and making the necessary adjustments. They provide encouragement and motivation just as though I did not miss any appointments. The entire staff is highly educated and professional. They always take time to connect with me so they truly understand what I am striving to accomplish physically, mentally and emotionally. I value and appreciate my Fitness First experience a great deal."



Fitness Specialist Ryan Doheny working with Steve Sundberg on a Hammer Strength leg curl machine.

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