

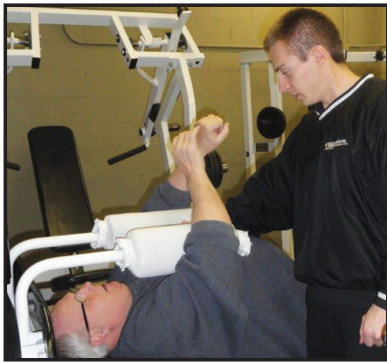


FITNESS DIARY

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...



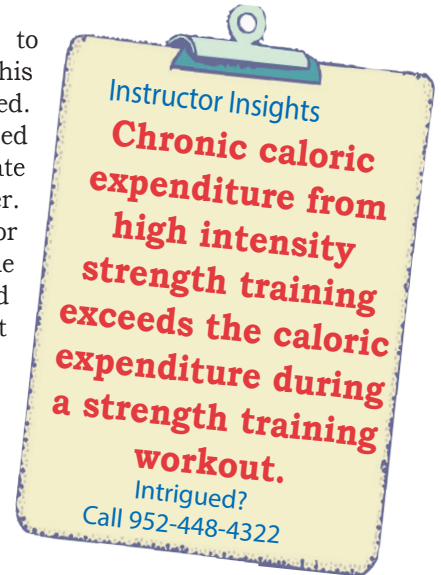
Ted Rogers using a Nautilus 10° chest fly with instruction and supervision from Fitness Specialist, Nick McCoy.

Ted Rogers, 64, was not actively searching to improve his health. However, in the back of his mind he recognized it needed to be prioritized. Steve Ritz, founder of Fitness First stopped during the fall of 2012 to Ted's office to generate awareness and support for a church fundraiser. During this visit Steve expressed concern for Ted's health and encouraged Ted to resume strength training at Fitness First. Ted had previously strength trained at Fitness First but stopped as a result of laziness.

"The conversation with Steve was the kick I needed to stop procrastinating and improve my health," Ted said.

In December 2012, Ted returned to Fitness First and has been making weekly strength training appointments ever since.

"My goals were simple," Ted said. "I wanted to gain strength and lower body fat. I have added muscle and my clothes fit looser in the short time I have trained at Fitness First. I own an insurance agency which requires me to sit most of the day in addition to creating a great deal of stress. Making weekly strength training appointments at Fitness First has helped me manage stress and increase energy. My office is on the second floor requiring me to walk a long steep flight of stairs two or three times daily. I used to struggle to breathe and experienced knee pain which would bother me throughout the day. I now feel great when I reach the top. I do not participate in any sports or physical activities other than strength training at Fitness First. I am a true 'couch potato'. Weekly appointments at Fitness First are the only physical activity I get. I feel very blessed I get that! It is amazing and truly changed my life. The staff is excellent and does a great job teaching me at every appointment. I have a new mental approach to life as a result of my appointments at Fitness First. I can not imagine my life without strength training appointments at Fitness First."



Nick instructing Ted on a Nautilus leg press.

BE STRONGER FOR YOUR JOURNEY

FITNESS FIRST

(952) 448-4322 • Chaska, MN

(952) 401-4322 • Excelsior, MN

www.fitnessfirstmn.com