



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...



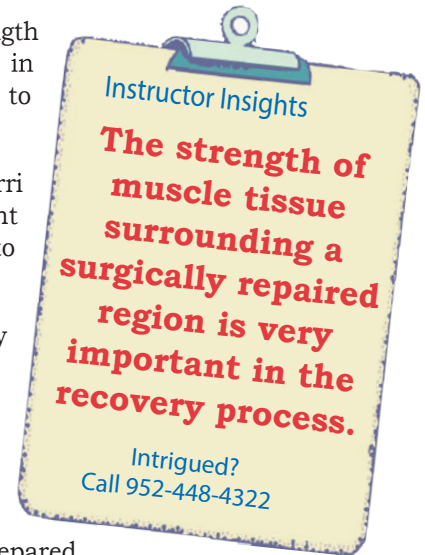
Terri using a Hammer Strength leg machine with instruction and supervision from Fitness Specialist Tony Austad.

Terri Walker, 56, wanted to improve her strength and fitness. After reading several Fitness Diaries in the Southwest Business publication, she decided to contact Fitness First.

“The Excelsior location is close to my home,” Terri said. “Plus, the atmosphere and the appointment only strength training is the approach I need to hold me accountable.”

Beginning in April 2012, Terri has been diligently strength training twice a week at Fitness First; even while dealing with a knee injury and subsequent surgery.

“Surprisingly, the surgery did not really stop the momentum I had established at Fitness First. In fact, I only missed one appointment at Fitness First as a result of my knee surgery. I was very impressed with the staff at Fitness First as they prepared me for surgery and how efficiently they were able to improve my strength after surgery. I have had a very positive experience strength training at Fitness First. I usually have my appointments with Tony. I find him to be very friendly and extremely knowledgeable which is very comforting to me. Whenever I ask Tony questions he is always patient and very professional. My appointments take between 30-45 minutes and a Fitness First staff member is with me the entire time ensuring I perform everything safely and efficiently. I am fairly certain I will have to address a knee issue on my other knee in the not so distant future and I feel very comfortable Fitness First will assist me when that time arrives. I know at Fitness First I will be able to strength train my entire body, continue to improve my fitness while addressing the surgically repaired knee. I found the training I performed prior to the surgery decreased my recovery time enabling me to quickly get back to the activities I enjoy. I love gardening and yard work which I look forward to performing this spring. I also realize I need to lower my cholesterol and reduce body fat. I understand by strength training at Fitness First I will be able to achieve my health and wellness goals to be a more active woman for many years!



Tony assisting Terri with the final repetitions on a MedX low back machine.

BE STRONGER FOR YOUR JOURNEY

FITNESS FIRST

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