



# 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...**



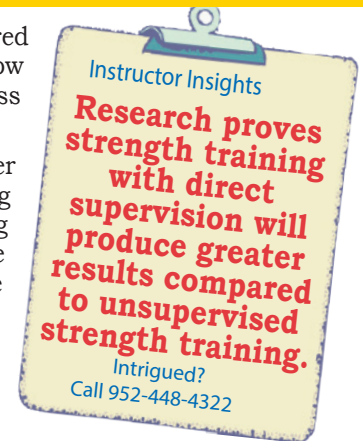
Thad Wilen performing an activity on a Hammer Strength back machine with assistance from Fitness Specialist Nick McCoy.

Thad Wilen, a 35 year old, Chaska resident discovered Fitness First through a Fitness First employee and fellow member of a network organization called Business Network International in December 2013.

Discussions with this Fitness First staff member peaked Thad's interest to investigate strength training at Fitness First. "Initially I was interested in increasing muscle mass to reduce body fat," Thad said. "Since I have been strength training at Fitness First I have increased muscle, energy and endurance. I can really notice a reduction of body fat in all the right places. My progress has been amazing. In less than a year, I have made up for years of being in poor physical condition. I possess a 'love hate' perspective about my strength training experience at Fitness First. During the middle of an

appointment I may want to quit and leave, but once I work past the discomfort to finish the appointment I feel fantastic. The teaching and encouragement by the Fitness First instructors motivates me, bringing me to a level of performance I would never reach on my own. I am continually learning about myself as I progress and reach a new fitness level. I have gained the ability to play several games of racquetball without taking breaks and can walk up three flights of stairs without getting winded. I feel very good.

"I also appreciate the family atmosphere at Fitness First. I get to know the staff and other clients attending appointments at the same time. Everybody is very friendly making an awesome atmosphere. The staff is also very accommodating with my scheduling needs. I have required schedule flexibility as a result of some personal changes and Fitness First has been able to adjust to my needs very well. The personalized exercise prescription designed at Fitness First for me is also very valuable. There are two routines formulated specifically for me to help me reach my goals safely, efficiently and most importantly effectively. Once I reach the goals a new exercise prescription is formulated pushing me to continually improve physically, mentally and emotionally. A valuable component to the Fitness First approach is the constant continued encouragement I get at every appointment giving me the confidence to attain my goals. The strength training at Fitness First has been perfect in assisting me manage stress and combat the sedentary nature of sitting at a desk for work. The reduced stress and added motivation has given me the mental capacity to handle my work day more efficiently. Finally, I am working to improve my endurance so I can accompany my wife who enjoys running. I am very committed to strength training at Fitness First for a long time."



Thad using a Hammer Strength leg press with instruction from Fitness Specialist Nick McCoy.

## BE STRONGER FOR YOUR JOURNEY

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