



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...



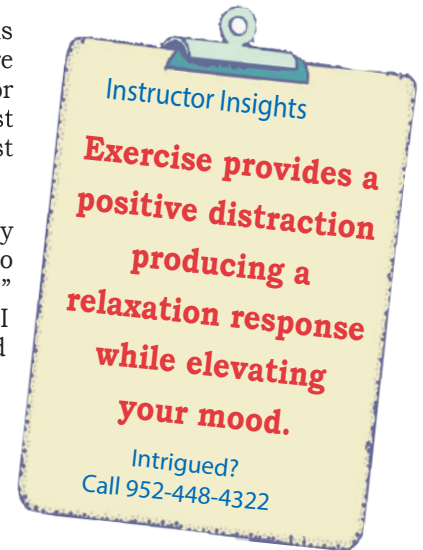
Tom Barrett using a Nautilus leverage row machine with instruction from Fitness First Instructor Aaron O'Gorman.

Waconia resident Tom Barrett, 45 has been reading the Fitness Diary feature in the Waconia Business Magazine for years. A story profiling the Fitness First experience of friend and Fitness First client Ann Kirsch peaked his interest.

"Initially my goal was to enhance my health through strength training to increase strength and lower body fat," Tom said. "After reading Ann's story, I decided Fitness First would be well suited to assist me with my goals. I proceeded to make an appointment for a consultation with Fitness First founder Steve Ritz in July 2013 and have been strength training twice weekly ever since. The

staff is personable, professional and very knowledgeable. Whether I have a strength training, cardio or injury question the ability and manner in which they handle any question has been fantastic. They are truly experts in their field. I also appreciate the personal attention I receive at every appointment. During the 2014 summer I had the pleasure of my son Austin joining me at Fitness First appointments while home from college as I prepared for triathlon season. My Fitness First experience has been so positive I wanted Austin to experience it. I would not be surprised if my daughter Allie expresses interest as well. Our family enjoys participating in sports and various other activities together so having the health to participate is very important.

"I also see the Fitness First experience spill over to my professional life. I own a consulting business requiring extensive travel and that needs me to provide leadership through difficult tasks demanding an 'A game' every day. Strength training at Fitness First has helped me manage stress and significantly improved my energy level. The appointments are great stress relief at the end of mentally challenging days. My work schedule changes regularly and Fitness First has been able to accommodate my appointment needs beautifully. Everything about my Fitness First experience has been excellent."



Fitness First Instructor Aaron coaching Tom on a chest activity.

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