



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...

"At 62 years of age, I realized that even though I owned four horses, I was getting to the point where I couldn't get up on top of one," Tom Hone, Chaska, said. "After 30 years of doing nothing but aerobics to keep my weight down, I was losing the strength in my legs and standing on a fence post was looking like a good alternative to get in the saddle."



Tom Hone trains with Fitness Specialist, Tara Seifert

Tom wasn't interested in fence post sitting and decided he needed to change his routine. He found what he was looking for at Fitness First.

"Working out by myself doesn't work," Tom said. "I can always find an excuse not to go. However, if I know that not only is someone waiting for me but that I'm paying for that time, I am always able to find my motivation."

After a year and a half of training at Fitness First, Tom has seen a dramatic improvement.

"I have no problem swinging up into the saddle now," Tom laughed. "Plus I've found my flexibility is greatly improved as well. On top of all of this, there is another great benefit to training at Fitness First. I

have a 14 year old daughter and I signed her up to train at the same time that I do. This has become very important "father/daughter" time for us, and I'm proud to teach her good health habits at an early age."



Fitness Specialist Tara Seifert, provides resistance for Tom Hone

Tom has been working on his diet as well. "I used to be called the bag man," Tom said, "because I would eat a bag of chips or a bag of pretzels at a time. At Fitness First I found a book called 'Thin People Don't Clean Their Plates' and started following their recommendations. Now, I find I eat more often, eat any food I want, but watch my portion size. It's made a huge difference."

Another huge difference in Tom's life came this summer when he was hosting an event in his barn.

"I had 282 bales of hay that needed to be moved," Tom said. "I did it all in one afternoon and didn't even feel tired. I couldn't believe how good I felt!"

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FITNESS FIRST

(952) 448-4322 · Chaska, MN
 (952) 401-4322 · Excelsior, MN
www.fitnessfirstmn.com