



# 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.

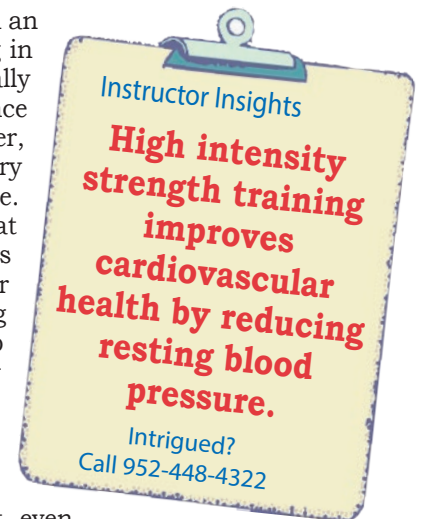
Steve has researched and developed a prescription for exercise requiring only one or two intense 30-60 minute appointments a week.

**Read about the success of one of Fitness First's Clients...**

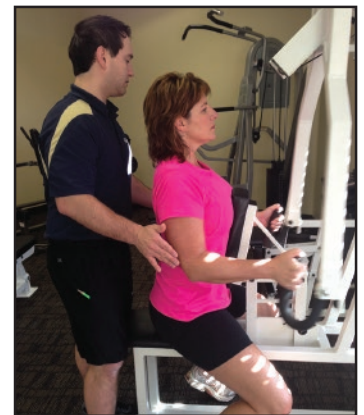


Tricia Frostad using a MedX low back machine with instruction and assistance from Fitness Specialist Tony Austad.

Tricia Frostad, 49, discovered Fitness First in an unusual way. "My husband owns a building in Excelsior where Fitness First is a tenant. Initially my husband had a productive experience strength training at Fitness First. However, he found making time for appointments very challenging with his busy work schedule. The positive experience my husband had at Fitness First prompted me to contact Fitness First founder Steve Ritz in January 2013 for an appointment to discuss strength training for myself. I am very pleased I decided to move forward with the training. I typically make two appointments per week at the day and time of my choosing. The appointments usually last approximately 45 minutes but if I minimize the chit chat between exercises I can complete my appointment even faster. In my mind, the efficiency and personal attention at the appointments is what makes Fitness First very special.



"When I discovered the strength training approach used at Fitness First requires bringing muscles to failure I was nervous. I decided to be courageous and see how tough it would be. To my delight the first appointment was not nearly as difficult as I anticipated. I had visions of men and women grunting and groaning while lifting huge stacks of weight. I found my experience to be very professional and purposeful. I definitely felt the positive effects of my appointment the next day but also felt reassured I could handle this type of strength training. I realized the sore muscles meant I had a very productive appointment. Since I started strength training at Fitness First I feel fit and I am very proud of the way I look. My husband says he has noticed a significant difference in my shoulders and back. Comments such as this make me appreciate the total body approach to strength training used at Fitness First during every appointment. The exercise prescription the instructors use addresses muscles throughout the body not just 'problem areas'. I also value feeling like I have done something very productive physically, mentally and emotionally at every appointment. My experience at Fitness First has been very positive."



Fitness Specialist Tony Austad performing a back activity with Tricia on a MedX low row machine.

## BE STRONGER FOR YOUR JOURNEY

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