



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...

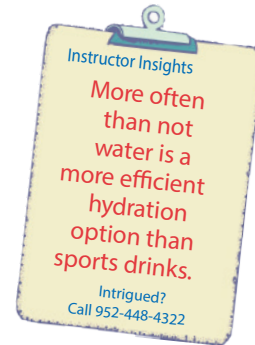


Wendy performing pull-ups with assistance from Fitness Specialist Nick McCoy.

Wendy Harmening, 43 years old, had been searching for relief from the after effects of a back injury she suffered in a car accident during her senior year of high school. She damaged a couple of discs in her back when she was rear ended. Over the years, the discs have degenerated, causing Wendy considerable discomfort. Wendy was researching wellness options when she discovered Fitness First. The approach Fitness First uses intrigued Wendy and she decided to check into strength training at Fitness First.

"I wanted to work with a very knowledgeable professional and have complete confidence the professional would be sensitive to my personal back situation," Wendy explained. "Fitness First really fit the bill. Since the end of November, 2010, I have been strength training religiously twice a week. Strength training at Fitness First has helped me so much, and my husband Nels has had a very positive experience as well. It has been great because Fitness First has been able to customize an exercise prescription for me and my husband allowing us to enjoy the service together. We enjoy motorcycling together and now I am building enough strength enabling me to keep up with my husband this summer. Most of my day is spent sitting at a computer

and I believe that is why my back started to cause me more pain. My experience at Fitness First has been really fantastic. In addition to the customized approach, I have grown to appreciate that the exercise prescription is redesigned every twenty appointments addressing new goals staying ahead of issues with boredom. I am in better shape, have experienced less pain in my back and I have increased stamina while performing daily tasks. I have lost weight and I am living healthier all the way around. The human body has an amazing ability for growth and recovery at any age. I guess it's the old 'use it or lose it.' The bottom line is I am looking forward to continuing my strength training at Fitness First to accomplish my fitness goals."



Wendy receiving instruction from Nick McCoy on a Nautilus back machine.

BE STRONGER FOR YOUR JOURNEY

FITNESS FIRST

(952) 448-4322 • Chaska, MN

(952) 401-4322 • Excelsior, MN

www.fitnessfirstmn.com