

# February Fitness Diary

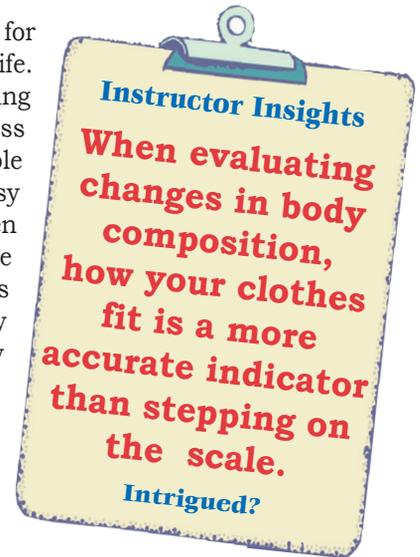
**Steve Ritz, Exercise Physiologist, founded Fitness First in 1998 located on 115 East 2nd St. in Chaska, (952) 448-4322. His second location, conveniently located at 23505 Smithtown Rd./Cty. Rd. 19, Ste. 150, in Excelsior, opened in 2008, (952) 401-4322. Steve has developed a prescription for exercise called the SEE-FIT training system. The SEE-FIT system encompasses workouts that are SAFE, EFFICIENT and EFFECTIVE -- all in just one or two intense 30-60 minute appointments a week. Each month we will be profiling the personal experiences of actual Fitness First clients.**



Nick instructing and assisting Kelly on a Hammer Strength pullover machine.

Kelly Donovan, 45, a Global Project Manager for Cargill felt she needed some changes in her life. Her job requires over 50 hours a week involving some travel. Kelly was searching for a fitness service close to home and work with flexible schedule options. In addition to Kelly's busy work schedule she is mother of three children including two teenagers who are all very active in school and extra curricular activities. "Fitness First has been able to accommodate my busy schedule and efficiently help me improve my fitness," Kelly said.

"I knew I wouldn't necessarily lose weight but I had a goal to improve my strength and lose body fat. Since September 2011 when I began strength training at Fitness First I have made steady progress toward my goals. I also appreciate that my appointments are only 45 minutes and are performed under thorough supervision. This makes sure I perform the activities correctly while getting the guidance and encouragement I need. Nick is my absolute favorite staff member. He is very personable and does an excellent job remembering happenings in my life from appointment to appointment. We have a good time chatting throughout my appointment which makes it more enjoyable. This connection really helps me make my appointment and continue tracking toward my goals. However, it does not matter which staff member works with me they are all very professional and recognize my physical abilities. We recently moved and had a garage sale requiring me to help my husband move furniture. My strength training made this much easier for me. I have seen and felt the benefits of strength training at Fitness First, but since I have not reached all my goals, I plan to continue. I want to improve my muscle strength and development even more. I have recognized the positive impact the strength training has had on all aspects of my life. The results I have seen, in addition to the convenient one on one attention Fitness First offers, is the best of both worlds."



Kelly performing a shoulder activity with Fitness Specialist Nick McCoy.



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