

# September Fitness Diary

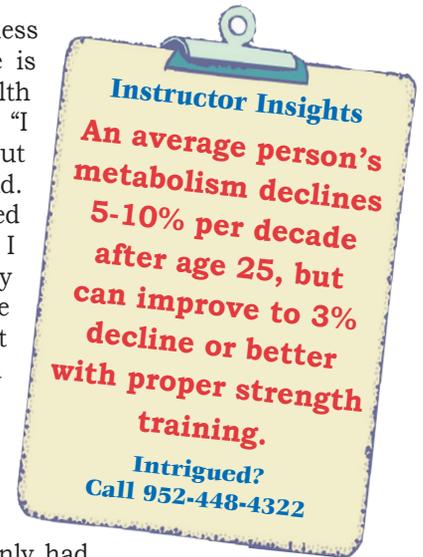
**Steve Ritz, Exercise Physiologist, founded Fitness First in 1998 located on 115 East 2nd St. in Chaska, (952) 448-4322. His second location, conveniently located at 23505 Smithtown Rd./Cty. Rd. 19, Ste. 150, in Excelsior, opened in 2008, (952) 401-4322. Steve has developed a prescription for exercise 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.**



*Kristen Klein strengthening her chest and shoulders with instruction and supervision from Fitness Specialist Nick McCoy.*

Kristen Klein, 30 has been strength training at Fitness First since January 2013 with great success. She is addressing her mental, emotional and physical health putting her on a road to a healthier happier lifestyle. "I have never been involved in athletics and working out has never been part of my daily routine," Kristen said. "However, I practiced a healthy lifestyle and managed my weight until my late 20s. As I approached 30 I became increasingly unhappy with changes in my body as a result of slowing metabolism. This change prompted me to keep a watchful eye on my body weight for the first time in life. Improved fitness became a priority for me, but I was very anxious about joining a health club. I was uncomfortable with the idea of other people watching me exercise. After trying some smaller places, I found that with no accountability

my attendance was poor. After some thought and discussion with my husband, a Fitness First client, I decided to contact Fitness First for a consultation. Having only had exposure to treadmills or bikes, it was hard for me to understand how using the specialized strength equipment would help me to attain my goals. Following the meeting with Fitness First founder, Steve Ritz, I clearly understood what, how and why strength training was important for me. It was very evident I was going to have a smaller weekly time commitment with a highly educated, very experienced professional guiding me at every appointment. Everything I perform at Fitness First is safe, efficient and highly effective. This fact is very comforting to me. My initial goals, which were to decrease body fat and become a healthier person in addition to increasing my energy, have been accomplished. Keeping the strength training appointments at Fitness First has been much easier than anticipated. The staff have been awesome and a major source of my success. They are very encouraging and give me the confidence to complete every appointment knowing exactly how and when to challenge me. The majority of my appointments have been with Fitness Specialist Tony Austad who has been extremely helpful with my progress and very understanding if I am tired, complaining or doubting my abilities. He is always reassuring me and encouraging me to relax, work hard and not take my self too seriously. My Fitness First experience has been fantastic!"



*Fitness Specialist Nick McCoy coaching Kristen Klein on an Avenger leg press.*



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