

## June Fitness Diary

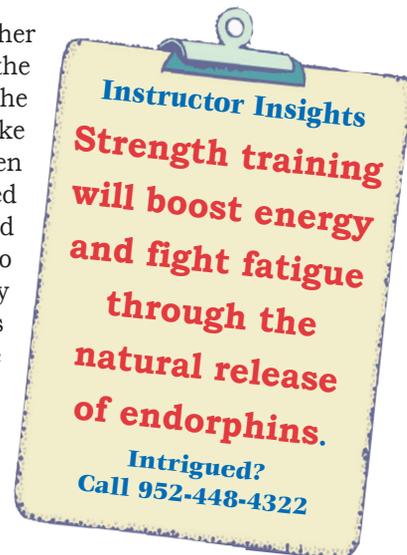
**Steve Ritz, Exercise Physiologist, founded Fitness First in 1998 located on 115 East 2nd St. in Chaska, (952) 448-4322. His second location, conveniently located at 23505 Smithtown Rd./Cty. Rd. 19, Ste. 150, in Excelsior, opened in 2008, (952) 401-4322. Steve has developed a prescription for exercise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



*Fitness Specialist Greg assisting Ann strengthen her back on a Hammer Strength back machine.*

Ann Kirsch, 50, thought it was time to prioritize her fitness. The monthly Fitness First Diaries in the Waconia Business magazine caught her attention. She contacted Fitness First in December 2012 to make an appointment for a consultation and has been strength training ever since. Ann explains, "I wanted to lower my body fat, increase my energy, focus and muscle strength. I decided 50 was an ideal time to address these goals in addition to improving my bone strength. I also have occasional back issues and wanted to strengthen my back muscles. Since attending my strength training appointments at Fitness First I have efficiently progressed toward my goals, my clothes fit better, I feel much stronger and I have a healthier lifestyle. Through my twice a week strength training appointments I have

achieved better results than when I was working out four times a week on my home fitness equipment. Also, I like getting out of the house and doing something just for me. I have been a home school mom for several years and the appointments at Fitness First have been a welcomed opportunity to adjust my daily routine. Plus, I believe in showing my daughters the importance of prioritizing your health at any age. Having three daughters ages 17, 15, and 13 who are busy with sports, music and other activities, can make scheduling my Fitness First appointments challenging. Fitness First has very flexible scheduling to meet my needs. I have never performed intense strength training before, but I have found the personalized approach at Fitness First to be very encouraging and efficient. The instructors always understand and accept my capabilities at any given appointment. If I am battling a cold they understand I may not be at my best, however they have the ability to get me to perform productively. The staff is so supportive and friendly. They really get to know the happenings of my life and talk with me during my appointment like a true friend. I plan to continue my strength training at Fitness First to build on my accomplishments and tackle new goals. I feel very satisfied and invigorated about my Fitness First experience."



*Ann Kirsch performing a shoulder activity with instruction and supervision from Fitness Specialist Greg Gerding.*



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