

## March Fitness Diary

*Steve Ritz, exercise physiologist, founded Fitness First in 1998 located on East 2nd St. in Chaska, (952) 448-4322. His second location, conveniently located at 23505 County Rd. 19, Suite 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 two intense 45-60 minute sessions a week. Each month we will be profiling the personal experiences of actual Fitness First clients.*

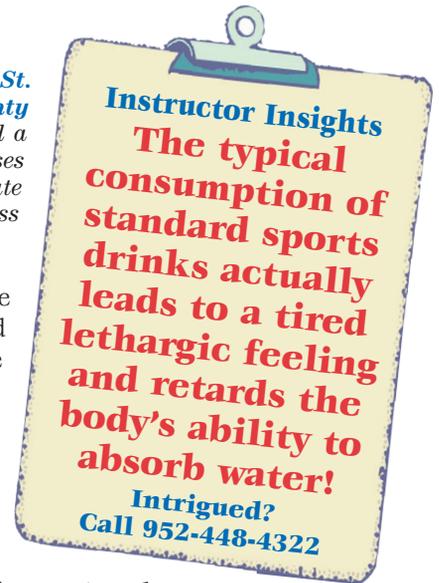
Bob Wittman, at 52 years of age, had two objectives when hiring Fitness First. The first was to improve his strength after undergoing hip surgery in 2007. The second was to receive qualified, professional assistance to achieve his health goals.



*Fitness Specialist Tony Austad instructing Bob on a Hammer Strength pulldown machine.*

Bob needed a training system that would work with his busy schedule. Being the Community Education Director for the Wayzata Public Schools, a football referee, playing in a band, a father of 3, husband to his wife of over 29 years and enjoying a round of golf as often as he can just doesn't leave much time for anything else. "My wife has had great results from strength training at Fitness First and I felt the approach they use would be the best thing for me," Bob said. "So when my

wife purchased a new training package, I decided it was a good time to purchase a package and schedule appointments along with her. What I didn't expect is that for the first time in 29 years of marriage, we are participating together in a structured fitness program on a consistent basis. Nancy and I both have extremely demanding jobs and some days the only time we connect is to get together for our appointment at Fitness First. It's fabulous because we are both doing something that will improve our health and energy level individually, but at the same time we are doing it together. We feel great, are losing weight, and have a healthier lifestyle by strength training at Fitness First. Hip replacement surgery has a long recovery period and the staff at Fitness First has helped me accomplish my two initial goals. I have improved my strength with the guidance of a qualified professional. They are confident and at the same time respectful of your capabilities. I am a goal oriented person and Fitness First really has responded to my two goals. I plan to stay committed to strength training twice a week at Fitness First for as long as I can."



*Tony assisting Bob reach muscle failure on a Hammer Strength leg extension machine.*



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