

## December Fitness Diary

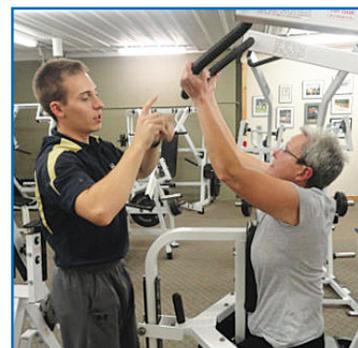
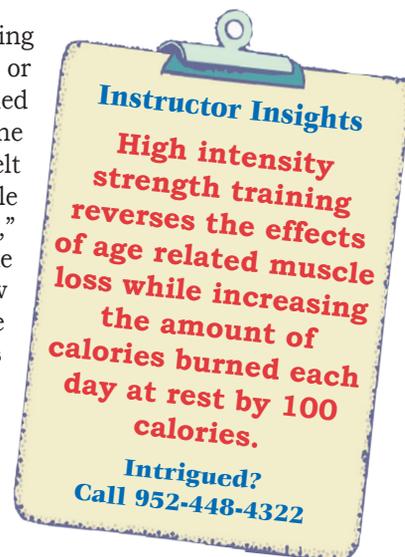
**Steve Ritz, Exercise Physiologist, founded Fitness First in 1998 located on 115 East 2nd St. in Chaska, (952) 448-4322. His second location, conveniently located at 23505 Smithtown Rd./Cty. Rd. 19, Ste. 150, in Excelsior, opened in 2008, (952) 401-4322. Steve has developed a prescription for exercise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



*Lynn performing an abdominable activity with supervision and instruction from Fitness Specialist Nick McCoy.*

Lynn Bisek, 54 years old was facing a turning point in her life. A widow with no worries or obligations to hold her back, she decided it was time to get out of her comfort zone and try something totally new. Lynn felt she needed to combat the loss of muscle strength. "I just wasn't feeling good," Lynn explained. "I really needed to take care of myself. After hearing an interview on WCCO Radio and listening to Steve (founder of Fitness First) talk about his program, I felt like he was talking to me. After the show, I searched for Steve and his business, Fitness First. The fact that the Chaska location is conveniently located

near where I work and live made it a very attractive option for me. Since May 2012, I have been strength training there and have already seen results. Strength training at Fitness First has been very challenging, but has definitely had a positive effect on me. I have been surprised how I have enjoyed and been able to handle the intensity. The appointment only attention has enabled me to learn proper form and technique allowing me to get the results I was hoping to attain. The longer I have been widowed, the easier I have found it to just come home from work, sit and do nothing. Having two weekly appointments at Fitness First has made me accountable for my health and wellness eliminating any excuses. After my strength training appointments, I am energized, feel and look better with a positive attitude about myself. As an on going goal I plan to continue improving my upper body strength. I also want to work on building the strength in my left leg, since it is not as strong as my right leg. I realized shortly after I began strength training at Fitness First I was going to purchase another package to continue the momentum and improvement I have established. My niece Emily, who is 25 and is very close to me, has been encouraging and supporting my efforts at Fitness First from the beginning. I can not imagine stopping my strength training at Fitness First for her sake as well as my own.



*Nick training Lynn on a Hammer Strength pull down machine.*



(952) 448-4322 • 115 E. 2nd St., Chaska  
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[www.fitnessfirstmn.com](http://www.fitnessfirstmn.com)