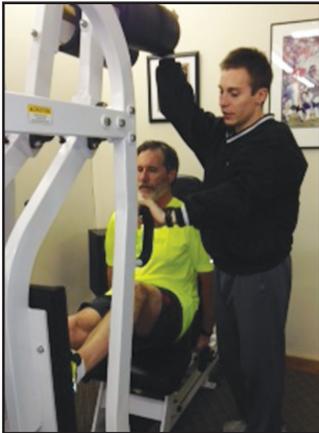


July Fitness Diary

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.



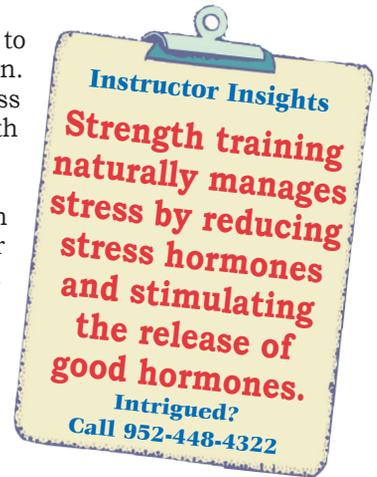
Mark Eischens using a Nautilus Leg Press with instruction and assistance from Fitness Specialist Nick McCoy.

Mark Eischens, 58 initially contacted Fitness First in 2013 to purchase a gift certificate for his wife Cindy to strength train. Cindy liked the strength training appointments at Fitness First so much she encouraged Mark to consider strength training as well.

“The primary goal for me was to improve my general health and fitness,” Mark said. “I had surgery on my left shoulder in January 2013 for a torn rotator cuff and biceps tendon. I thought the Fitness First approach would be very helpful to rehabilitate and strengthen the shoulder. I really appreciate the fact that Fitness First is not a “big box” type of operation. I value the appointment only, personal attention used at Fitness First. Regardless of the staff member working with me I experience consistent, professional treatment at every appointment.

“My wife and I enjoy running together. We have participated in various 5K’s 10K’s 10mile and half marathons through the years. I have completed one marathon and Cindy has completed two marathons. We have also participated in other running related events such as Trail and Warrior runs which typically involve obstacle courses. Our goal is to run in an organized event in all 50 states. We completed our 19th state in June 2015 by running the Covered Bridge Half Marathon in Vermont and are looking forward to scheduling our next event. During March 2015 Cindy and I took a trip to Tanzania to climb Kilimanjaro and were both successful reaching the summit. The strength training appointments at Fitness First played a significant role in our preparation for the climb. We discussed the adventure with the Fitness First staff months in advance so they could formulate the approach improving our strength and endurance for the climb.

“When I am not running marathons or climbing mountains, I work in an office setting requiring a great deal of computer time and conference calls. The Fitness First strength training appointments support my fitness goals as well as a very effective method to manage work stress. The appointments have improved my overall health, rehabilitated my shoulder and support my recreational activities such as running. Whether I am preparing for running, hiking, or health improvement, I see my involvement with Fitness First continuing. The experience has been very positive.”



Nick McCoy instructing and supervising Mark on a Hammer Strength wide pulldown back machine.



(952) 448-4322 • 115 E. 2nd St., Chaska
(952) 401-4322 • 23505 Smithtown Rd./Cty. Rd. 19, Ste. 150, Excelsior
www.fitnessfirstmn.com