

November 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 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.



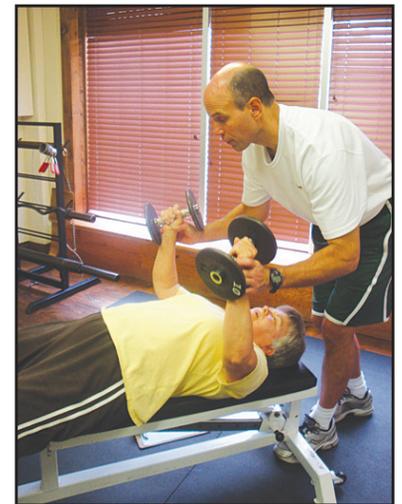
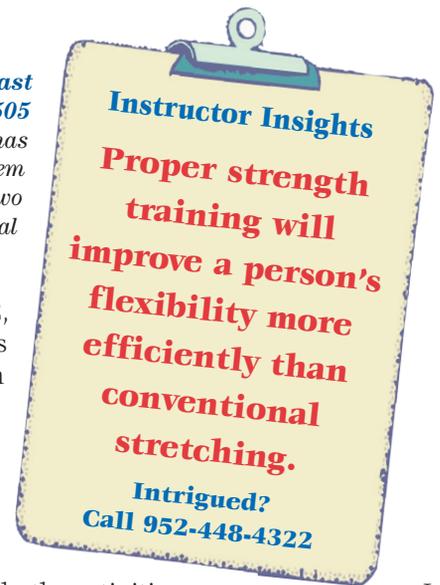
Steve Ritz assisting Mary through some repetitions on a Nautilus leg press.

Mary Kraemer, a 73-year-old mother of 2, grandmother of 5 and great grandmother of 2, is proud to boast about her age and wants to be an inspiration to others. She firmly believes that you are never too old to improve your fitness.

"Throughout my life I have participated in water aerobics and walked very regularly. However, during the spring of 2011 I felt as though my improvement stopped with both activities. I was frustrated with my lack of progress, wanted to safely increase my strength and was not sure who

to contact. At Fitness First I found knowledgeable instructors who took my concerns seriously," Mary said.

"When I arrived at the Chaska office for my initial consultation with Steve Ritz (founder) I was impressed with the quantity and quality of strength equipment. Many of the machines looked intimidating because I had never seen or used any of them. Steve quickly eased my mind by explaining the appointment only strength training at Fitness First is customized specifically for each client and very closely supervised. I have grown to feel very comfortable because the staff at Fitness First provide very thorough instruction. I have never felt embarrassed if I am not performing something correctly. At my age, I was concerned I might overreach my limits and injure myself. The staff at Fitness First has been very considerate, patient and understanding. One of my primary goals was to strengthen my body to ease my fears about losing my balance and falling. I have achieved that and more. Now, I can not imagine my life without my strength training appointments at Fitness First."



Mary performing a chest activity with instruction and assistance from Steve Ritz.



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