

# August 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.



Wendy performing pull-ups with assistance from Fitness Specialist Nick McCoy.

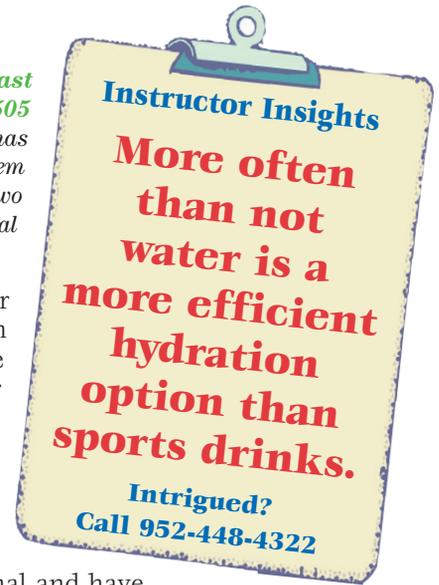
Wendy Harmening, 43 years old, had been searching for relief from the after effects of a back injury she suffered in a car accident during her senior year of high school. She damaged a couple of discs in her back when she was rear ended. Over the years, the discs have degenerated, causing Wendy considerable discomfort. Wendy was researching wellness options when she discovered Fitness First. The approach Fitness First uses intrigued Wendy and she decided to check into strength training at Fitness First.

"I wanted to work with a very knowledgeable professional and have complete confidence the professional would be sensitive to my personal back situation," Wendy explained. "Fitness First really fit the bill. Since the end of November, 2010, I have been strength training religiously twice a week. Strength training at Fitness First has helped me so much, and my husband Nels has had a very positive experience as well. It has been great because Fitness First has been able to customize an exercise prescription for me and my husband allowing us to enjoy the service together. We enjoy motorcycling together and now I am building enough strength enabling me to keep up with my husband this summer. Most of my day is spent sitting at a computer

and I believe that is why my back started to cause me more pain. My experience at Fitness First has been really fantastic. In addition to the customized approach, I have grown to appreciate that the exercise prescription is redesigned every twenty appointments addressing new goals staying ahead of issues with boredom. I am in better shape, have experienced less pain in my back and I have increased stamina while performing daily tasks. I have lost weight and I am living healthier all the way around. The human body has an amazing ability for growth and recovery at any age. I guess it's the old 'use it or lose it!' The bottom line is I am looking forward to continuing my strength training at Fitness First to accomplish my fitness goals."



Wendy receiving instruction from Nick McCoy on a Nautilus back machine.



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