

## February 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.



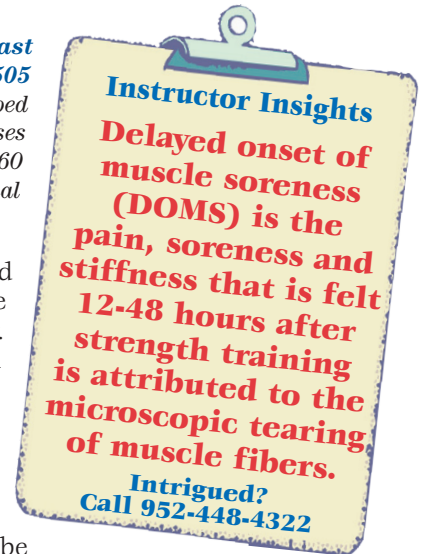
Mary Jodeit performing a shoulder activity with Fitness Specialist Tony Austad.

Mary Jodeit, a 72 year old grandmother, started preparing for a November 2011 trip to the Galápagos Islands, Peru and Quito, Ecuador. Mary spoke with her doctor regarding physical preparation for this high altitude trip. Mary's doctor recommended her preparation should include strength training in addition to activities to improve her endurance. Mary following her doctor's recommendations knew the professionals at Fitness First would be the people to help her preparation.

Mary had previously strength trained for forty appointments at Fitness First starting April 2009. "I didn't renew after my last appointment, because I thought I was knowledgeable enough to strength train on my own. I believed I could take the Fitness First philosophy and do it without any professional assistance. I discovered I was very naive. It was very difficult to strength train by myself because I found it virtually impossible to overload my muscles as effective as the Fitness First staff. Plus, I was very concerned I might injure myself. July 2011 I contacted Steve to resume bi-weekly strength training appointments at Fitness First. I love my Fitness First experience and my husband has decided to join me. We value the appointment only approach knowing that a very qualified instructor works with you at every appointment ensuring complete safety. The improved energy and endurance as a result of my appointments at Fitness First has positively impacted many areas of my life. My husband and I enjoy adventure travel, volunteering, babysitting our grandchildren as well as spending long hours planting vegetables once a month for CSA (Consumer Source of Agriculture). We drive thirty minutes to get to our Fitness First appointments at the Excelsior office, but it's well worth the drive. We value our appointments so much we could not imagine going anywhere else."



Tony providing instruction and assistance to Mary on a Avenger leg press



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