

LONGEVITY USA

---

*Recognized as a Longevity Spot by Longevity USA — a  
circle of places that nourish longer, fuller lives.*

# **Fitness First Essen Rüttenscheid**

FEATURED ON LONGEVITY USA



*Movement & Fitness · March 2026*

*Maurice Lichtenberg*

---

CO-FOUNDER



verify

*Laura Pezza*

---

CO-FOUNDER