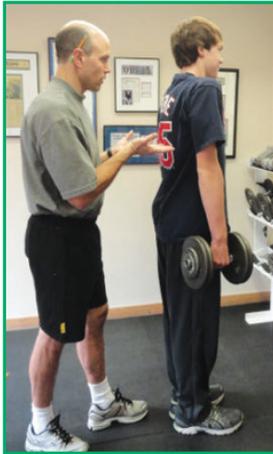


# August Fitness Diary

**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, 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.**

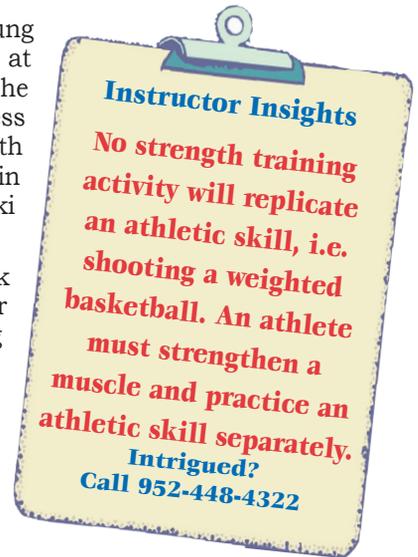


*Adam performing a dumbbell shrug with instruction and supervision from Steve.*

Adam Hoxie is a living testament that you are never too young to start fitness training. Adam started strength training at Fitness First in 2005 at age 9 because of the interest he developed while tagging along with his dad Mike to his Fitness First appointments. Adam continued to occasionally strength train until age 13 when he developed a deeper interest in strengthening his body for his two favorite sports; alpine ski racing and tennis.

Adam now 16, strength trains consistently once a week during the school year and twice a week during the summer and has really experienced the benefits. Adam is achieving success on the alpine ski team (2011-12 Honorable Mention All-Conference) and tennis teams at Chaska High School. He feels his strength training appointments at Fitness First are a necessity for him to perform at a high level. He also views his Fitness First experience as a family affair since his mom, dad and brother strength train at Fitness First on a regular basis. The Hoxie family is definitely a family that strives to improve their fitness together.

"I really value the variety of appointment options available at Fitness First to accommodate my busy schedule. I need that kind of flexibility to fit into my school and sports schedules. The appointments are quick and easy to schedule. Plus, they are intense, efficient, full body workouts so it doesn't take much time out of my busy day. The staff at Fitness First have really helped me improve my leg strength which allows me to carve well into the hill to accelerate out of turns and ski faster. My tennis game has also improved with the improvement of my body strength and endurance. During the 2010 lacrosse season I broke my ankle. Steve and the staff at Fitness First made adjustments in my routines to rehabilitate my ankle so I could regain strength and range of motion eliminating the need for traditional physical therapy. After 3 months of rehab workouts, I was back to full strength and I haven't had any problems with my ankle. The physical improvement and confidence I gained has allowed me to return to high intensity sport activities. I really enjoy strength training at Fitness First because it makes me feel healthier. I hope to continue getting stronger and living a healthy lifestyle as I grow up."



*Steve Ritz performing an activity with Adam to strengthen his hamstrings.*



(952) 448-4322 • 115 E. 2nd St., Chaska  
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