

Fitness Diary!

Steve Ritz, exercise physiologist, founder of Fitness First, 115 E. 2nd St., Chaska, 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 two intense 45-60 minute sessions a week. Each month we will be profiling the personal experiences of actual Fitness First clients.

Kelly Loosbrock, 38, who is a father of three and has a high stress branch manager position, coupled with an aching shoulder from an old college football injury wasn't getting much sleep. However, Kelly wasn't looking for a workout facility just for himself, rather he discovered Fitness First for his 12 year old son Ethan. Ethan's involvement in wrestling and his desire to improve his strength and



*Kelly and Ethan with Fitness Specialist
Greg Viland*

skills to excel in the sport also motivated Kelly to find the right training for his son. Kelly felt that a small, personally oriented and safe atmosphere would be best for Ethan. Other clubs they toured felt intimidating to Ethan, plus, Kelly didn't feel comfortable bringing his son to a workout facility that is only geared toward adults.

“A friend referred me to Steve Ritz, owner of Fitness First,” Kelly said, “and at our

sleep at night. Prior to going to Fitness First, I had sleep issues due to my shoulder. So, now not only am I sleeping more soundly, I am getting in better shape and my shoulder feels much better due to the



*Greg Viland performing a shoulder activity
with Kelly*

strengthening exercises that I work on at Fitness First. I participate in water sports and I have noticed positive results.”

Kelly also said that going to Fitness First even just for one hour a week, gives him a feeling of “getting away from it all.”

“Being a father of three, working, and with so many activities, it's hard to spend quality time one on one with each child,” Kelly said. “Going to Fitness First with Ethan has enabled us to really connect. It's been nice and fun to do this with Ethan. In fact, it's something in the future my other two children might want to try. As far as my future with Fitness First, I can't imagine not going and getting fit, staying in shape, improving my sleep, and most of all spending time with Ethan.”



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