



FITNESS DIARY

Steve Ritz, Exercise Physiologist, founded Fitness First in 1998 in Chaska. His second location in Excelsior opened in 2008. Steve earned a Bachelor of Arts degree from Gustavus Adolphus College and a Master of Arts degree majoring in Exercise Physiology from MN State University, Mankato.

Steve has researched and developed a prescription for exercise requiring only one or two intense 30-60 minute appointments a week.

Read about the success of one of Fitness First's Clients...

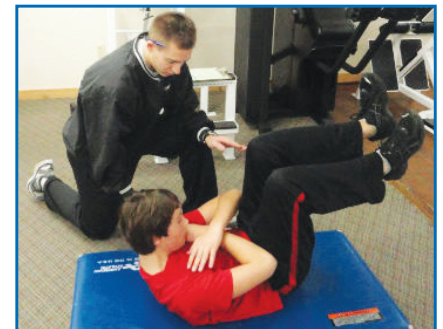
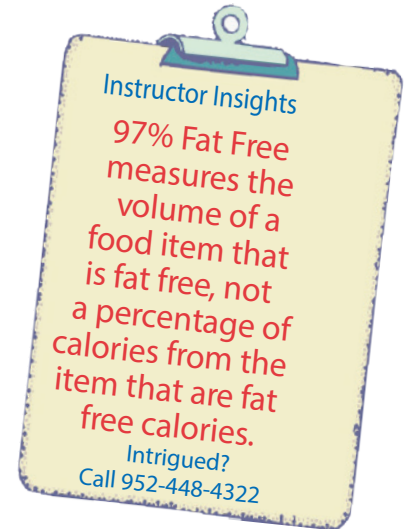


Nick providing assistance and instruction while Ben performs pullups.

Ben Hoxie, 13, has dealt with some very serious and unusual health issues. "I had a brain aneurysm that ruptured on Christmas Day 2008 and was in the hospital for almost three weeks," Ben explained. "Then at my 6 month check up for the aneurysm, the doctor discovered a coarctation of my aorta which is a heart condition that probably developed shortly after I was born. Open chest surgery was scheduled in July 2009 and I was hospitalized for 6 days followed by a 8 week recovery period. My surgeries were successful and I do not have any physical restrictions. However, the surgery and the immediate recovery period made it hard for me to be active. One year after surgery I felt like I was out of shape and asked my parents if I could strength train at Fitness First."

Ben's mom and dad had been strength training at Fitness First for years and thought it might be good for Ben. They had confidence in the staff at Fitness First to deal with Ben's health condition and improve his level of fitness.

"I am an avid skier and race for a team," Ben said. "During the ski season I strength train at Fitness First once a week and twice weekly during the rest of the year. I really like how strength training at Fitness First fits into my busy schedule. I can go after school or on a Saturday morning during the school year and I can make morning appointments during the summer. Strength training at Fitness First has improved my leg strength which has improved my ski racing. When your legs are stronger you can flex your skis more and improve your speed. I also enjoy hunting and the strength training at Fitness First has improved my endurance for things such as walking all day for pheasants in tall grass. My appointments at Fitness First started out as a necessity to improve my strength after my surgeries. Now that I am better, feeling good and participating in skiing and other activities, I want to continue strength training at Fitness First. I am excited to improve even more as I grow older."



Ben strengthening his abdominal muscles with instruction from Fitness Specialist Nick McCoy.

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FITNESS FIRST

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