



# 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...**

For the Loosbrocks, training at Fitness First is truly a family affair. Dad, Kelly, started training at Fitness first and quickly realized that the benefits he was experiencing would be great for his two boys. Now, both Ethan (8th grade) and Isaac (5th grade) train as well.



Isaac using a Hammer Strength leg extension with instruction from fitness specialist JJ

"Strength training isn't just for adults," said owner Steve Ritz. "How we strength train at Fitness First provides a very effective method to improve an individual's health and wellness regardless of age, gender or skill level. Strength training for youth provides long term benefits whether the young people are athletes wanting to enhance their sport or learning life long health habits." Paying for fitness instruction can be just as beneficial as paying for something such as piano lessons. Professional instruction can be very valuable!

Ethan has been training at Fitness First since July 2006. "My younger brother Isaac who is in 5th grade started training at Fitness First in June

2008," Ethan said. "We both have the same appointment time and train on different machines geared for our specific goals. "Like our dad who is actively involved with the Chaska wrestling program, I am very involved in wrestling, wrestling has become a passion of mine. We also love to play lacrosse and football! Our family is active in all three sports and my weight training helps prevent injuries in these contact sports." Ethan's a modest athlete who will be the last to inform you that he qualified as an individual for the State High School Wrestling tournament and had a winning record for the Chaska Hawks this year. He is inspired to work hard and hopes to improve on the level he has established during the 2008-2009 season. Ethan did have a setback when he recently fractured the growth plate in his elbow shortly after the varsity wrestling season ended while participating in an off-season tournament. This injury required that the arm be casted and motion limited for six weeks. However, that doesn't stop Ethan or the staff at Fitness First from training around the nuisance of having a cast

on his left arm. "They make it easy so I can continue my training and not miss out on my weekly workouts."

Isaac is also a wrestler at Chaska. "I just started going to Fitness First a few months ago, but I already like it a lot," said Isaac. "My training focuses on my upper body and legs. Just like my brother, I enjoy wrestling but I also like to play football and LaCrosse. My training has helped me to get better at all of my sports."



Ethan performing a modified upper back activity with resistance from owner Steve Ritz

"My brother and I don't always agree on things," said Ethan, "but we both feel that training at Fitness First is very important and beneficial. You can really see the improvements in the sports we play. You can really feel your muscles getting stronger and that makes you a stronger athlete. Right now

we personally train at Fitness First before or after school, but during the summer we can make appointments during the day. They fit us in whenever we want to train."

"Strength training is a life-long activity," said Steve Ritz. "This summer is a perfect time to get the entire family involved in a fitness program. Fitness First provides a service that is convenient, efficient and a great value; and excellent way for everyone to achieve their fitness goals. Let Fitness First personalize a training program for you! Call today for your FREE consultation.

## BE STRONGER FOR YOUR JOURNEY

**FITNESS FIRST**

(952) 448-4322 · Chaska, MN  
 (952) 401-4322 · Excelsior, MN  
[www.fitnessfirstmn.com](http://www.fitnessfirstmn.com)