



# 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...**

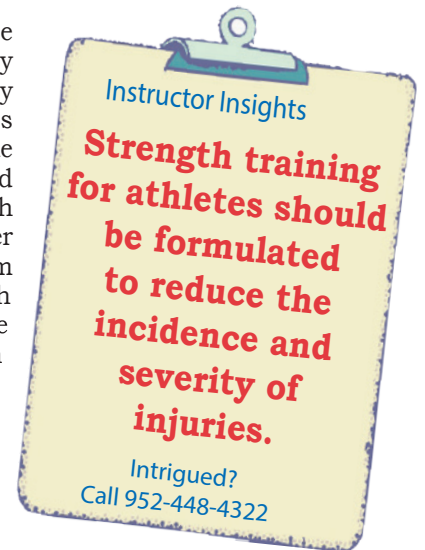


Hope Loosbrock performing a chest exercise with instruction and supervision from Fitness Specialist Tony Austad.

Hope Loosbrock, 14, is following the path of her two older brothers by strength training at Fitness First. "My brother's started training at Fitness First to improve their strength while competing in High School sports. I had very similar goals when I started strength training at Fitness First. I am a member of the Chaska High School dance team and dance the entire year. Strength improvement is very beneficial while performing routines and competing in dance," Hope said. "I started strength training at Fitness First in April 2013 and have strived to make two 45 minute appointments each week. I have more confidence in my dancing ability and a

noticeable difference in the way I feel. Much of this improvement I attribute to my appointments at Fitness First. My Fitness First experience has been very positive.

"What I like most about strength training at Fitness First is the personal, professional attention I receive at every appointment. Plus, the flexible scheduling works well around my many school and extra curricular activities. The staff is great at motivating me throughout my appointments pushing me to constantly improve," Hope said. "I can really tell all the instructors really care about my health and well being. If I arrive at an appointment with aches from dancing, they will take extra time to educate me on the necessary procedures to deal with the aches. I have gained an understanding on how strength training will help reduce the dance related aches in addition to lowering the incidence and severity of future injuries. I feel very comfortable knowing an instructor will be training me at every appointment through each activity ensuring everything I perform will be safe, efficient and highly effective." Even though Hope is only 14, she has a firm eye on the future. "I plan to continue strength training at Fitness First throughout High School," she said. "I will continue strengthening my body to be the best dancer possible."



Fitness Specialist Tony assisting Hope on a Hammer Strength shoulder machine.

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