



# 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...**

Karmen Hoxie, 39 year old, mother of 2 boys Ben age 8 and Adam age 11, was intrigued as she was the only one in her family not attending Fitness First. Then circumstances allowed her to take a hiatus from her work as a CPA, leaving her with an opportunity to train at Fitness First. Karmen has now been training at Fitness First for the past 8 months.

Signing up for sessions at Fitness First was not an easy decision for Karmen, but one that she says was well worth it.



Karmen works with Fitness First Owner Steve Ritz

"What is really ironic about going to Fitness First is that I was so reluctant about starting. I had anxiety about working that closely with a one on one trainer and that I wouldn't be able to do the routine or would be embarrassed about not knowing how to use the exercise machines properly. I found that couldn't have been more wrong. In fact, it was totally opposite. All four trainers (from a staff of 8) have made me feel so comfortable and at ease about the entire experience. They carefully and

thoroughly instruct you on technique and how to use all the equipment properly. Not only are they highly qualified instructors, but they are such nice, down to earth, friendly people. They are never arrogant and always willing to help you out and answer questions. It is a pleasure to train at Fitness First."

Karmen went on to say that for her a typical package consists of two routines

rotated into 20 session blocks. A client will use the routine ten times each. Once those are complete, the staff then writes a new program with two routines to address the new needs of the client.



Fitness First Owner Steve Ritz instructs Karmen on proper form

"It is truly individualized," Karmen said. "Not a one size fits all. It's always changing and always challenging. I routinely walk long distances and as far as improvements to my body and my overall being are concerned, I have already noticed improved muscle development as well as increased energy. Prior to training at Fitness First I also experienced low back and leg

pain after a day of skiing with my boys. Since training at Fitness First, I have not had any low back pain and my legs feel great after skiing. I feel more energized, firmer and in much better shape. Another benefit of training at Fitness First is the flexibility of scheduling appointments. With two boys, driving to school, meetings, and being involved in their education, my schedule is very hectic. The staff at Fitness First has been great about working with me to get two appointments per week scheduled. As a busy mom that is really great for me. Now my family just laughs at my enthusiasm towards my workouts. I just can't imagine not training at Fitness First."

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