



# 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...**



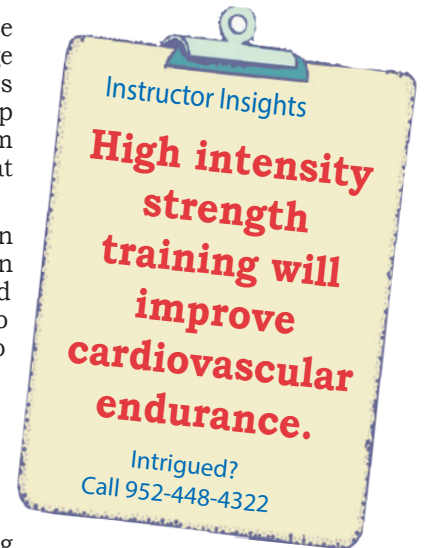
Keegan Train using a Medx low back machine with instruction and supervision from Fitness Specialist Ryan Doheny.

There is a push in America for youth to prioritize their health. Keegan Train, a 19 year old college student at Worcester Polytechnic Institute, serves as an excellent example. He is working to develop good habits believing the habits will be with him throughout life. He has been strength training at Fitness First since June 2011.

“My mom was on a mission to get our entire family on an exercise program to prioritize our health,” Keegan said. “So my two sisters, brother and parents started strength training at Fitness First in addition to making nutritional changes. My siblings and I also joined Twin Cities Youth Rowing, a rowing club in the metro area. It has been great! We spend time together doing something physically challenging and very enjoyable as a family. Since we strength train and row together we stay disciplined allowing

us to efficiently track toward our goals. I have been rowing competitively since 2010 and recently completed my freshman year of college competing on the varsity rowing team. As a result of my strength training at Fitness First I have become stronger and much faster. My rowing time has dropped significantly because my power-to-weight ratio has increased allowing me to move more efficiently across the water. I aspire to be in the top boat on my collegiate team. There are three boats on my team with eight rowers in each. I plan to be rowing in one of the top two boats this coming year. Strength training at Fitness First has definitely helped me gain a competitive edge to develop as a collegiate rower.

The team of experts at Fitness First have been tremendous. They are very professional while adding a personal touch making my appointments very productive and comfortable. Even though I am not able to strength train at Fitness First as consistently as I did during my years at Minnetonka High School, I am able to make appointments while home on college breaks. When I am home I prioritize making two weekly appointments as I did during high school. My appointments at Fitness First are approximately 45 minutes which fit very efficiently into my schedule. The Mechanical Engineering major I am pursuing at WPI has a very heavy work load coupled with my commitment to the rowing team adding to my level of stress. The strength training and habits I have developed at Fitness First have helped me manage stress more effectively. I value strength training at Fitness First very much. This is an important commitment for me.”



Fitness Specialist Ryan Doheny using an Avenger leg press with Keegan Train.

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