



# 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...**

Kelly Loosbrock, 38, who is a father of three and has a high stress branch manager position, coupled with an aching shoulder from an old college football injury wasn't getting much sleep. However, Kelly wasn't looking for a workout facility just for himself, rather he discovered Fitness First for his 12 year old son Ethan. Ethan's involvement in wrestling and his desire to improve his strength and



Kelly and Ethan with Fitness Specialist  
Greg Viland

skills to excel in the sport also motivated Kelly to find the right training for his son. Kelly felt that a small, personally oriented and safe atmosphere would be best for Ethan. Other clubs they toured felt intimidating to Ethan, plus, Kelly didn't feel comfortable bringing his son to a workout facility that is only geared toward adults.

"A friend referred me to Steve Ritz, owner of Fitness First," Kelly said, "and at our

first meeting, not only did I purchase a training package for Ethan, but I purchased sessions for myself. It was the best decision I could have made. I have only been training about 6 months, but have already seen improvement. I feel more energized during the day, and I can

sleep at night. Prior to going to Fitness First, I had sleep issues due to my shoulder. So, now not only am I sleeping more soundly, I am getting in better shape and my shoulder feels much better due to the strengthening exercises that I work on at Fitness First. I participate in water sports and I have noticed positive results."



Greg Viland performing a shoulder activity  
with Kelly

Kelly also said that going to Fitness First even just for one hour a week, gives him a feeling of "getting away from it all."

"Being a father of three, working, and with so many activities, it's hard to spend quality time one on one with each child," Kelly said. "Going to Fitness First with Ethan has enabled us to really connect. It's been nice and fun to do this with Ethan. In fact, it's something in the future my other two children might want to try. As far as my future with Fitness First, I can't imagine not going and getting fit, staying in shape, improving my sleep, and most of all spending time with Ethan."

## BE STRONGER FOR YOUR JOURNEY

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