



# 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...**



*Koewler*

Fitness is a life-long pursuit in the Koewler family. Mom, Karen, was the first to begin training at Fitness First, followed by husband, Jim. Seeing the health benefits of their routine in their own lives, mom and dad encouraged twin daughters Ali and Megan, age 16, to begin training as well.

"About a year ago, I twisted my knee during a soccer practice," said Megan. "I had to wear a brace when I played. My parents suggested I do some training at

Fitness First to help strengthen my knee. Now, I no longer need the brace!"

"After Megan started, I wanted to train at Fitness First because my parents told me it would help improve my soccer game," said Ali. "In the six months I've been training, I've seen a huge improvement overall in my soccer games. I can kick the ball harder and farther. I have more energy while playing games and I've gotten stronger overall."

Both girls have been playing soccer since elementary school and Jim has helped as the head coach of the girl's traveling soccer team and his experience at Fitness First allowed him to see how his daughter's would benefit. Jim started training at Fitness First after he hurt his own knee.

"One of the greatest benefits from training at Fitness First," said Jim, "is that they have not only helped me to get physically back in shape but to get over my mental fear of working with my knee again."

"Working with people of any age who have had a sports injury is one of our specialties," said Steve Ritz, owner of Fitness First. "We have helped athletes from weekend warriors to professional players overcome physical set backs and get back on the field again."



*Koewler*

Megan and Ali both feel that the personal attention at Fitness First is key to the progress they have made physically.

"My favorite thing about Fitness First is the personal attention and help that you get," Megan said. "Because you are one on one with the trainers, your personal goals are really satisfied."

"I like the individual trainers that push you to your limits," Ali concurred with her sister. It gives you great results and the individual trainers make me constantly work my hardest. I do all kinds of strength training, from leg exercises to arm workouts. I hope to continue going there and keep getting stronger."

"Keeping young athletes physically strong and healthy is vitally important," said Steve. "At their age with their bodies still growing, the tendency toward injury is very high. By utilizing professional training, they can hopefully stay injury free or bounce back stronger if something does occur. We encourage all parents to take a look at our program as their children get serious about sports."

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