



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...

Working out is truly a family affair for Mike Hoxie, 38 and son Adam, 10, of Chaska. "I love to snowboard," Mike said. "A few years ago I had a trip coming up and I noticed it was getting harder and harder to buckle my boots. Plus, the scale was going up and the belly was going out. I knew I needed to do something. I had a couple of friends who spoke very highly of the program at Fitness First and so I decided to check it out. I knew that signing up for an open gym type facility wouldn't work for me. I need to know someone is waiting for me, to make me keep that appointment."



Nicole Buegens, fitness specialist, training Mike.

Mike started training on a regular basis and occasionally Adam came with him. "Sometimes my wife wasn't available to watch him, and he ended up at my appointments," Mike said. "After a while he asked 'Could I ever do that with you?' and I said, 'Why not?' We worked with Steve Ritz,

owner of Fitness First, and developed a program for Adam that is essentially identical to mine with age appropriate modifications."

Mike commented that Adam was able to train on the equipment at Fitness First because he is tall enough to achieve proper form on the machines. "I really like the fact that we train together," Mike said.

"Adam had listened to me say things like 'I need to work out to get in shape for snowboarding.' Adam plays football and participates in ski racing and has seen real improvement in his skiing this past winter. The athletic improvement is not the biggest reason we train. I believe this is a great way to teach children about healthy living



Adam trains with Fitness Specialist Jeremiah Jones.

for the rest of their lives. Training at Fitness First helps establish a routine of paying attention to health, as well as being able to spend quality time together."

Mike has another son, Benjamin, that is already asking when he can start training at Fitness First. "Ben is just 7 years old," Mike said, "but the fitness specialists at Fitness First feel they

can put together a program primarily constructed using manual resistance training for him. We're seriously pursuing that idea." Now, the next questions is... can they encourage mom into going like many other women at Fitness First? "Well, we haven't been able to as of yet," Mike laughed, "but we're working on her!"

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