



# Informational Bulletin

## Peer Fitness Committee

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Approved By: Darren L. Stevens, Fire Rescue Chief



### Looking to improve your wellness but not sure how to start?

The DFREM Peer Fitness Committee consists of 6 very motivated DFREM department members. These individuals care about helping our fellow members reach their fitness and nutrition goals. If you are struggling, want to improve, or just desire functional fitness and nutritional support, we want to help.

#### **Vision:**

“To Promote the Overall Wellness of the Fauquier County Department of Fire, Rescue, and Emergency Management Through Improved Health, Strength, and Nutrition.”

#### **Process:**

We developed our program structure to be available to career and volunteer department members. Any department member can reach out through the email listed below to get started. We will provide them with a packet which will gather key information for us to determine a starting point. This will allow us to develop a program specific to their individual needs while also allowing us to monitor their progress and the impact the program is having. Each member will then receive a fitness and nutrition program to follow, and our team will be available to guide them through these programs.

#### **Additional Committee Functions:**

The DFREM Physical Fitness Committee will be utilized to train new members in our recruit schools and develop programs to be followed as the recruit classes move through their training. We will be taking the opportunity to educate recruits on the importance of developing healthy habits early and continue those habits once they enter the field. A well-structured functional fitness program will enable the recruits to increase their strength and stamina while allowing them to learn the proper body mechanics needed to safely perform essential job functions, therefore decreasing the risk of injury. This will turn out more fit, healthier recruits as they transition to the field. The Committee will be utilized to conduct the Candidate Physical Agility Test during the recruitment process. We may be able to improve recruitment with Candidate Physical Agility Test preparation sessions.

#### **Committee Members:**

**Brendan Maguire, Steph Lewis, Eain Cole, Brandon Reneau, Courtney Rodriguez, Kevin Landman**

Contact any member if you are interested in assistance with reaching your fitness/nutrition goals or send a message to the committee at [DFREMPeerFitness@yahoo.com](mailto:DFREMPeerFitness@yahoo.com).

Questions regarding this bulletin should be directed to the Peer Fitness Team.