

## HEALTH, WELLNESS, & FITNESS GOAL SUMMARY

- A. Health: Annual Medical Physicals and Data collection  
 B. Wellness: Education, Web-link, Committee meetings, Data collection  
 C. Fitness: Provide peer trainer program in Ops, Fitness assessments for recruits, Fitness Challenge, Equipment maintenance, Annual Fitness Assessments for incumbents, Physical Agility testing, Data collection

Write Standard Operating Guidelines for entire program

Program Goals	First Year	Long Range Projection	Cost
<b>A. Health</b>	Haz Mat receive full Medical Physical All others receive nursing evaluation	Medical Physicals annually for all employees: Haz Mat & 40's every year full 30's every other year full, alternate year nursing evaluation 20's full every 3 <sup>rd</sup> year, nursing for 2 years.	Cost of full medical physicals and nursing evaluations
<b>B. Wellness</b>	Prepare a general wellness classes for all personnel to attend Create annual calendar of events in conjunction with health plans Stay abreast of current trends Research & develop Incentive program	Create a worksite wellness web-link for web page Get data from health plans on who participated Prepare a stress management class Collect data and enter into database	Offer comp. time or financial incentive for participation
<b>C. Fitness</b>	Education and awareness classes: voluntary participation Annual Fitness Challenge: 12 week challenge, fitness assessments on all volunteers before and after challenge, record data and provide incentive for winner Review fitness equipment inventory at stations and make recommendations Budget for fitness assessment equipment	Personal Fitness Trainer (PFT) Certification Class for 20 employees 3 to 1 ratio for maximum span of control. 2008 Fitness assessments on all new hires 2009 Annual fitness assessments on all employees, mandatory but not punitive	<b>Peer trainer class:</b> \$100-400 each <b>Fitness Assessment Equipment:</b> approx: \$300 <b>Station Equipment:</b> Depends on station needs, approx. \$5,000 annually <b>Fitness Challenge prizes approx: \$500</b>
<b>D. Prevention, Safety, &amp; Rehabilitation</b>	Coordinate with Risk Management to provide the statistics on types of injuries: provide classes on prevention Offer fitness exercises specific to the injury	Become Nationally Certified Health and Safety Officer Participate in Firefighter Life Safety Review statistics	Cost of conferences or seminars
<b>Administrative Personnel</b>	Captain oversee the entire HWF program	One full time staff assistant for HWF	Pay for Captain and Senior FF