

Northern Arizona Consolidated Fire District #1

Kingman, Arizona

For Immediate Release Monday May 11, 2010

RE: Certified Fitness Coordinator Workshop

The Northern Arizona Consolidated Fire District hosted a Certified Fitness Coordinator course May 4th through May 8th. The program was developed by Health Metrics Incorporated to reduce workplace injury, loss time accidents, and associated costs and improve employee health.

The Certified Fitness Coordinator (CFC) Workshop is a five-day course designed to train in-house fitness managers and assistants to develop and administer public safety fitness programs. The workshop follows the guidelines for exercise programming of the American College of Sports Medicine (ACSM) and is responsive to mandates from OSHA, the NFPA, and the IAFF/IAFC Wellness Initiative.

Fourteen students from various Fire Departments attended the course. Mohave County fire departments represented included Northern Arizona Consolidated Fire District, Kingman Fire Department, Golden Valley Fire District and Bullhead City Fire District.

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