

PFT OF THE MONTH



JASON LINDSAY

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Pattonville Fire Protection District is located at 13900 St. Charles Rock RD.
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Q. Why did you decide to become a peer fitness trainer?

A. I have always had a strong interest in physical fitness. When my fire district offered me the opportunity to be a part of the wellness fitness committee as a PFT, I jumped at the chance.

Q. How long have you been a peer fitness trainer?

A. 4 years

Q. Biggest success story?

A. The biggest success story would have to be my fire district's commitment to wellness and fitness. Both management and labor have worked together to ensure that NFPA 1582 has been followed to make our program successful. Because of that, we have excellent facilities and equipment to use for exercise. We have an annual physical assessment done at the local hospital. Because of this we have caught serious health issues with a few firefighters. After discovery of these issues, the firefighters were able to receive the proper treatment and are back on the job today.

Q. What is your favorite physical activity?

A. H. I. I. T. (High Intensity Interval Training)

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Q. How do you keep your fitness training knowledge up to date?

A. Continuously educating myself. Reading magazines and books. I also enjoy doing research on the Internet. Another good source of information I use is just talking with other trainers.

Q. What makes you a good peer fitness trainer?

A. In order to be a good PFT you need to have a desire for healthy living and exercise. I also feel you need to stay educated on fitness. Lastly, you need to want to help people improve.

Q. What three words would you choose to best describe yourself?

A. Genuine, Honest, Fun.

Q. Something interesting about you that nobody knows?

A. My 2 favorite movies are "Hoosiers" and "Wildcats".