

PFT OF THE MONTH



JUSTIN RIEHM

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South Bend Fire Department has about 260 members. It is a career department and the headquarters is located in South Bend, Indiana.

Q. Why did you decide to become a peer fitness trainer?

A. I became a PFT because fitness and health is something I am passionate about and I enjoy helping people pursue and reach their fitness goals.

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

A. Since February 2015.

Q. Biggest success story?

A. I believe, through our PFT training, we have prevented some injuries during exercise and we are working towards preventing more injuries during training and fire ground activities.

Q. What is your favorite physical activity?

A. Weight lifting and circuit training.

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

A. I attend the workshops put on by Public Safety Medical. I am always looking at fitness and nutrition magazines and articles.

Q. What makes you a good peer fitness trainer?

A. I believe I am a good PFT because I can help push people to their goals but still be understanding and empathetic to what they are going through.



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

A. Confident, trustworthy, skilled.

Q. Something interesting about you that nobody knows?

A. I am an avid hunter.