

PFT OF THE MONTH



TODD MUTH

*Fishers Fire Department
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Fishers Fire Department has a total of 7 stations, 132 sworn members and 4 civilian members. It is a career department and the headquarters is located at 2 Municipal Drive in Fishers, Indiana.

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

A. I have always been interested in fitness. I wanted to get more involved with the department and learn more about fitness in relation to our job.

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

A. 7 years.

Q. Biggest success story?

A. I believe our biggest success was the implementation of the WPE. This year will be our second year running everyone through the WPE after validation.

Q. What is your favorite physical activity?

A. I enjoy high intensity circuit training. I like to alternate these with weight training and cardio.

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

A. Through required recertification classes, networking with other PFT's and through our department members. Fishers has developed a wellness / fitness mentality from operations up to administration. We as a department feel very strongly about health and wellness for our members so that we may all have a long, healthy career as well as a well-deserved retirement.

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Q. What makes you a good peer fitness trainer?

A. My desire to make sure that our members have the equipment and knowledge to help them make the right choices for their fitness needs and success.

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

A. Passionate, Motivated and Humble

Q. Something interesting about you that nobody knows?

A. Truthfully I am not that interesting! People may not know that I was born and raised for 25 years in Southern California. My wife Tiffany and I moved to Indiana in 1996, a few months after we were married.