

PFT OF THE MONTH



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Clay Fire Territory is a progressive 5 station, full-service combination department that provides fire protection and emergency services, with roughly 140 members. It is located just north of South Bend and covering Clay, German, and Harris Townships, Indian Village, and the Town of Roseland.

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

A. I decided to become a peer fitness trainer for Clay Fire Territory because I wanted to gain more knowledge of how to help others on the department to better themselves. We are a relatively young department with a lot of the department realizing that fitness and nutrition are very key but really don't know where to start. At the time Clay Fire Territory had three PFT's and now Clay Fire has six PFT's, two per shift. Through the leadership of Battalion Chief Todd Wetter and Captain Erin Stopczynski Clay Fire are in the process of developing and implementing the WFI and WPE.

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

A. I have been a PFT with Clay Fire Territory for three years.

Q. Biggest success story?

A. None.

Q. What is your favorite physical activity?

A. It is hard to pick my favorite physical activity, but high intensity interval training would be what most at the station would say I enjoy the most, but I enjoy mixing things up. Another physical activity that I really enjoy is playing with my children and also watching them try to do some of the same fitness I do.

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

A. I try to keep my knowledge up to date by trying new types of workouts and trying to find new research and studies. I also do by trying to find out what our members like to do off duty and then review what can be done to possibly help them improve. The further knowledge may come from a magazine, PFT continuing education workshops, or researching on the internet.

Q. What makes you a good peer fitness trainer?

A. What makes me a good peer fitness trainer is that even with our busy schedules I can adapt to make time to be able to get some type of fitness in along with making relatively good eating choices. This also helps the “Lead by example” attitude to get other members to follow.

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

A. Calm, Dedicated, Reliable.

Q. Something interesting about you that nobody knows?

A. By far this is the hardest thing, because I am very easy to read. Probably that my Dad was a WWII veteran and that he was the person that taught me, you can always find time to get some type of physical fitness done and be in shape.