

PFT OF THE MONTH



ROBIN NICOSON

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Decatur Township Fire Department has about 70 members. It is a career department and the headquarters is located at the southwest side of Indianapolis, Indiana.

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

A. I chose to get my peer fitness training to help better myself, the people I work with, and my department.

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

A. I received my certification in 2012.

Q. Biggest success story?

A. I was a part of integrating our WPE and continuing the program today. We have underutilized our fitness trainers to this point, with that, I have just recently completed writing the program to incorporate the use of our trainers, along with a separate job description for the trainer.

Q. What is your favorite physical activity?

A. I run quite a bit and will again participate in the Chicago Marathon in October.

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

A. I try and take as many local classes as possible, as well as reading blogs and magazines regularly.

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Q. What makes you a good peer fitness trainer?

A. I feel I am a good communicator and deal with people well. I try to coach rather than lecture.

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

A. Punctual, Reliable, and Busy.

Q. Something interesting about you that nobody knows?

A. I am about to be a father of my second child in July.