

PFT OF THE MONTH



MARIA RHEA

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Fishers Fire Department has a total of 7 stations with 140 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. Since I was a kid I have been interested in fitness and pushing my body. As I have aged, nutrition and overall wellness have become a more integral part of my life. Sharing that knowledge seems like the right thing to do. I enjoy helping others and being around other people that enjoy physical fitness as well.

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

A. A little over two years.

Q. Biggest success story?

A. Since being part of the peer fitness program it has been amazing to watch the change in attitude of my peers regarding fitness and health. Fisher's Fire department takes our health and wellness very seriously and that attitude has become infectious with its members.

Q. What is your favorite physical activity?

A. Circuit training.

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

A. I read articles on health, nutrition, and I'm especially interested in the impact firefighting has on the body.

Q. What makes you a good peer fitness trainer?

A. I try to live a mostly healthy lifestyle and remain open to new ideas and information regarding health and wellness. I then pass on that information to my peers.

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

A. Loyal, Kind, Spirited

Q. Something interesting about you that nobody knows?

A. I grew up on a small farm and my first job in high school and college was as a lifeguard.