

PFT OF THE MONTH



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Indianapolis Fire Department has a total of approximately 1165 employees. It is a career department and the headquarters is located downtown Indianapolis, Indiana.

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

A. I wanted to help Firefighters with their health and conditioning if they had any questions.

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

A. I have been a Peer Fitness Trainer full time for 3 years. Two years prior to that I would help out when and where I could trying to get on board.

Q. Biggest success story?

A. My success story would be influencing my fellow firefighters to change some of their eating habits (especially at meal time in the firehouse) for the better and watch them improving and enjoying their quality of life.

Q. What is your favorite physical activity?

A. My favorite physical activity would be anything that doesn't involve running. I'm a big fan of Kettle bells and functional weight training.

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

A. Reading the latest information on exercise, diet and health (not necessarily in that order).

Q. What makes you a good peer fitness trainer?

A. I would have to say thank you for putting “Good fitness trainer” and ME in the same sentence. I think what makes a good fitness trainer is someone who works with their peers to help coach them to where they WANT to be. Maintaining an open line of communication and being approachable and accessible whenever their help or advice is needed.

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

A. Benign, Inquisitive, Disciplined

Q. Something interesting about you that nobody knows?

A. I’m not sure I would call it interesting but I like to collect hotwheel cars. I still have all the cars when I was growing up as a kid.