

PFT OF THE MONTH



ERIC JAMISON

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Evansville Fire Department has a total of 273 professional career members. E.F.D. was founded in 1888 and the headquarters is located at 550 S.E. Eighth Street - Evansville, Indiana.

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

A. I became a Peer Fitness Trainer to help my department members place an emphasis on their health and well-being through exercise, as well as improve our ability to provide emergency services to the community we serve.

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

A. I have been a Peer Fitness Trainer for 1 year.

Q. Biggest success story?

A. Our Department has implemented a fitness program for our recruits that is incorporated into their fire training. We are already seeing benefits from this program in the form of better physically fit recruits, good habits being started early in their career and the "rub off effect" these young firefighters are having on many of the veterans on our department.

Q. What is your favorite physical activity?

A. I enjoy obstacle racing (Spartan Run, etc) as well as trail running and weight lifting.

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

A. I am always looking for new and interesting fitness training methods. I try to take personal training continuing education classes as often as possible. I also like to pick the brains of my fellow PFT's to see what methods they like to use.

Q. What makes you a good peer fitness trainer?

A. I think a desire to genuinely help others reach their goals, however big or small; and a willingness to work with anyone, anywhere, anytime.

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

A. Passionate, Friendly, Dedicated.

Q. Something interesting about you that nobody knows?

A. I performed in College at Indiana University with The Singing Hoosiers, which was a show choir that did, musicals, operas, etc.