

PFT OF THE MONTH



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Dayton Fire Department has 12 stations, 368 personnel, and it is a professional career department. The headquarters is located at 300 N. Main St., Dayton, Ohio.

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

A. I decided to become a peer fitness trainer because fitness is such a big part of my life. I devote time each and every day to work out not only for my own well-being but for those around me. While working out I had found that I was unknowingly helping others around me. Whether it was spotting someone, watching someone's form or just motivating them to get that last rep in, I found myself in a peer fitness trainer role without actually being a peer fitness trainer. Because I am a firefighter in an urban city that fights on average one fire a day, I found even more the need to stay in shape. From going to our training tower to run stairs or the river to run the bike path I always find myself wanting to do job related exercises. That dedication to working out did not go unnoticed. Members of my crew quickly joined me and even some from other crews. I found myself in a leadership role without even knowing it. I found myself helping others to get into shape without trying. Once I did catch on I thought it would be a good idea to become a peer fitness trainer so that what I was teaching and preaching was 100% accurate information. I like to see others around me succeed. I like to see others around me go through two or three cylinders in a fire and be ready to go to another fire. I like to see injuries reduced and prolonged careers. I believe it is up to me to help my department and those around me to be able to work a long career and have an even longer retirement.

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

A. I have only been certified as a peer fitness trainer now for a little over two months. However as I stated before I was playing that role for a few years now.

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Q. Biggest success story?

A. Because this is new to our department I do not have a success story yet. I do have two members at my fire house who placed high enough on the civil service test to be eligible to be in the next recruit class if they pass a physical agility test. I have been working with them to prepare them for that test so if they do pass and they will, that will be my biggest success story to date.

Q. What is your favorite physical activity?

A. I can't say that I have a favorite physical activity. I don't think I could narrow it down to one. I love going for runs at a local trail with my beautiful fiancé Dana, I love going to the river with a crew member and running the bike path and stairs. I enjoy playing ice hockey, riding bikes, or taking my dog for a walk. I enjoy playing sand volleyball and basketball. If it involves sweating, I'm in.

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

A. My fitness approaches are always changing. I will watch videos, read articles and watch others in the gym. I always try what I've seen or read on myself before I ask anyone else to do it because if it doesn't work for me I wouldn't want anyone else to do it.

Q. What makes you a good peer fitness trainer?

A. My passion. My drive. My dedication. My will to never quit and my motivation to never let anyone else quit around me. I always joke with my friends that I will never peak. I will never allow myself to stop. I may have to change my workouts with age but I will not let age stop me completely. I just celebrated my 30th birthday and I am in the best shape of my life. I plan to continue that mind set for myself and all those around me.

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

A. Passionate, Motivated, Driven.

Q. Something interesting about you that nobody knows?

A. I have hypothyroidism. So I guess my doctor and pharmacist know that but I don't tell everyone else around me. What that means is I have to work harder to keep weight off. I do take medication to help keep it in balance but it is a constant battle.