

# PFT OF THE MONTH

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## ALEX LUTHMAN

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Dayton OH Fire Department has a total of approximately 300 firefighters. It is a career department and the headquarters is located in Dayton, Ohio.

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

**A.** I have been involved in fitness for a few years now. I first got into fitness after an accident that happened in 2009 that ended my military career. I shattered my right patella, and fractured a vertebrae in my lower back. I was told I may never walk normal again. I carried my physical therapy sessions over to the weight room and began to weight train, which is something I had never really done before. I was told that strengthening the muscle above my right knee and my lower back would continue to improve my recovery. I learned first-hand how strength training can improve prior injury and also prevent future injury.

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

**A.** I have been a PFT for about a year now.

**Q. Biggest success story?**

**A.** I have trained a couple people who have lost 80-100lbs in about 1 year or so, and now they have completely changed their lifestyle for the better. They are now sources of information and support to others, which is great.

**Q. What is your favorite physical activity?**

**A.** Probably strength training.

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

**A.** I am always learning everything I can. Whether it's asking others about their experiences, or researching online, there's always something more to learn. Also, I am an American College of Sports Medicine CPT, so that keeps me up to date on new methods and practices.

**Q. What makes you a good peer fitness trainer?**

**A.** I have worked one on one with over 200 different people and have seen a lot of different scenarios. This helps me to work with the many different people I work with, all with different needs and goals.

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

**A.** Determined, energetic, and spontaneous.

**Q. Something interesting about you that nobody knows?**

**A.** One of the reasons I became a Firefighter is because when I was in the first grade, my house burnt to the ground. I looked up to firefighters ever since then.