

# PFT OF THE MONTH

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## ANTHONY TURI

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Evansville Fire Department has a total of approximately 270 firefighters. It is a career department and the headquarters is located in Evansville, IN.

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

**A.** I have always been involved in fitness and when I saw an opportunity to improve and extend the lives of my fellow firefighters, I jumped on board

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

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

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

**A.** High Intensity Interval Training

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

**A.** I read exercise journals and ask other certified trainers for the latest information

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

**A.** I have a passion for helping people, a degree in Kinesiology with a minor in nutrition, and I listen to what my client wants to accomplish

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

**A.** Calm, Intelligent, Reliable

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

**A.** I do an incredible rendition of Neil Diamond's "Sweet Caroline" and Meat Loaf's "I'd Do Anything For Love"