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hearthealthy
FIREFIGHTER
www.healthy-firefighter.org

What:

The Health and Fitness Advocate Pilot Program
Hosted by the National Volunteer Fire Council (NVFC) Heart-Healthy Firefighter Program, in partnership with L&T Health and Fitness.

Where:

National Volunteer Fire Council
7852 Walker Drive; Suite 450
Greenbelt, MD 20770

When:

Session 1: August 9-10, 2008, or
Session 2: September 20-21, 2008

Why:

The NVFC Heart-Healthy Firefighter Program is launching a new initiative known as the Health and Fitness Advocate program. This program is designed to combat the leading cause of on-duty death--heart disease-- by creating health and fitness advocates within fire/EMS departments. Participants will learn basic principles behind developing a sound health and fitness program and how they can become advocates within their department. As Health and Fitness Advocates, they will encourage and motivate their fellow fire and emergency personnel to adopt heart-healthy behaviors.

Who:

Fire and EMS personnel from the DC/MD/VA region interested in health and fitness with the ability to lead and motivate others. Participation is limited to no more than two individuals from each department. Individuals should have the support of department leadership.

How:

Submit the registration form provided, making sure you choose one of the two available sessions. Fax or mail the form by August 6 for the first session or September 5 for the second session. Remember, space is limited so register today!

For questions or additional information please contact:
Lillian Ricardo, Health and Safety Project Coordinator, at LRicardo@nvfc.org or
(202) 887-5700 ext. 21.



HEALTH AND FITNESS ADVOCATE Workshop Registration Form

Name: _____

Address: _____

City, State, Zip: _____

Department Name: _____

Phone: _____

Email: _____

Have you previously been certified as a peer fitness trainer? Yes No

Height: _____

Select the weekend you would like to attend (choose one):

- August 9-10
- September 20-21

Please note that participants will be expected to attend both days of the workshop. Workshops are located in the Washington, DC metro area and are limited to 20 people per session.

Send your completed form to Lillian Ricardo, Health and Safety Project Coordinator, at lricardo@nvfc.org or fax to 202-887-5291. Contact Lillian with any questions by email or at 1-888-ASK-NVFC (275-6832).

Print Name

Signature

Date

Chief's Name

Signature

Date

KEEP IT STRONG.