



In conjunction with the Fire Service Joint Labor Management Wellness-Fitness Initiative (WFI), IAFF members are invited to attend a Peer Fitness Trainer (PFT) course hosted by Gates, NY Local 3792 and the Gates Fire District July 22-26, 2019.

Through a combination of lectures and hands-on activities, participants attending this five-day course will improve their ability to assess, design, implement and evaluate exercise sessions for fire fighters with varying interests, as well as have the knowledge and skills to become fitness and wellness leaders within their department.

Upon completion of this course and successfully passing the exam, attendees will also have access to three peer-to-peer workshops that can be delivered to other members of their department.

[Learn more ...](#)

Fire fighters, EMS providers and anyone involved in their fire department's wellness-fitness program are eligible to participate.

To register and obtain information about area hotels, directions to our facility and all other inquires, contact: Captain Terry Kaufman at [tkaufman@gatesfd.org](mailto:tkaufman@gatesfd.org).

The IAFF/IAFC PFT program provides a fitness trainer standard consistent with the health and fitness needs of the fire service in the United States and Canada.