



**Orange County
Fire Authority**

Orange County Fire Authority Wellness and Fitness Program



WEFIT: It's more than a physical!



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The Orange County Fire Authority Wellness & Fitness Program (WEFIT) serves to provide OCFA firefighters and professionals with knowledge, support and opportunities to improve their physical health, wellness and fitness, in order to enhance job performance and encourage an overall healthy personal lifestyle.



Overview

- What is WEFIT?
 - Definition
 - History
 - Injuries and cost of injuries
- What can WEFIT do for me?
 - Medical Exams
 - Immunizations
 - Education
 - Fitness
 - Nutrition
 - Injury Rehabilitation
 - Research
 - Station Equipment/Gym Memberships



Medical Exams

- Eligibility
 - Who is eligible?
- Frequency
 - How often can I get an exam?
- Scheduling
 - How do I schedule an exam?
- Confidentiality
 - Who will see my results?
- Concerns
 - What if something is found during my exam?



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WEFIT PHYSICAL

Results within normal range

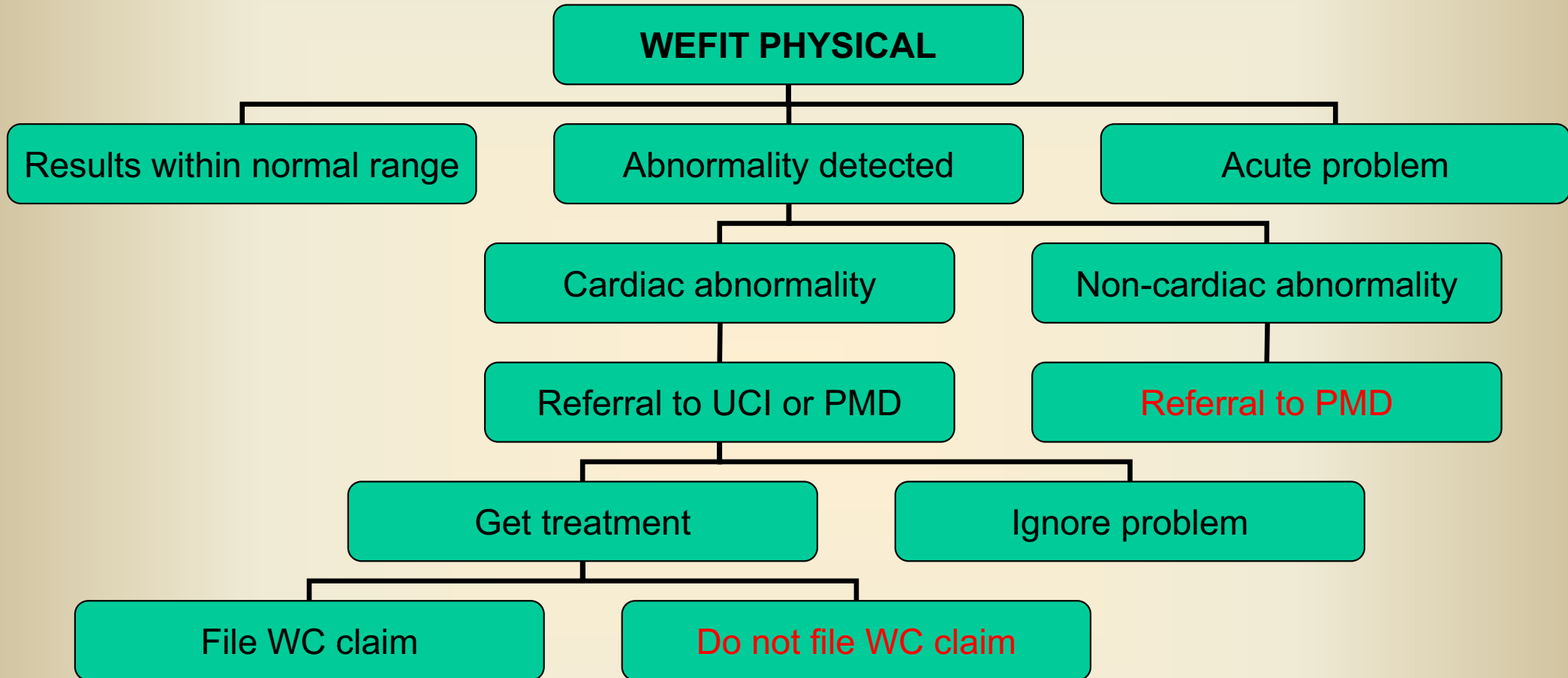
Get results within 2 weeks

Abnormality detected

Acute problem

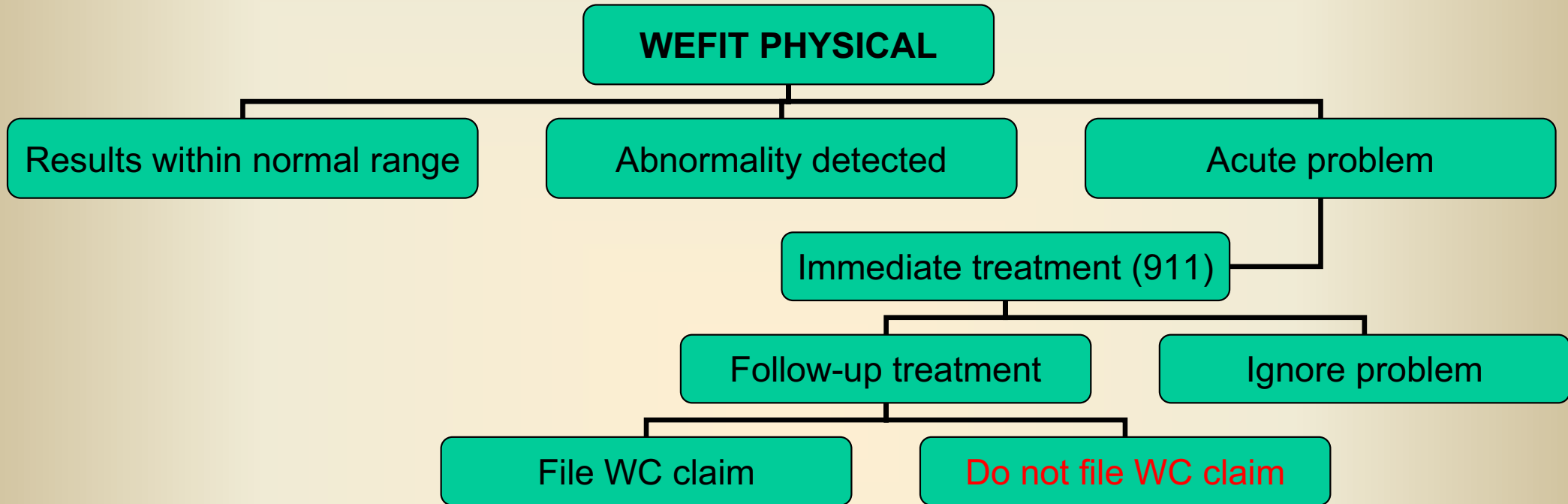


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Immunizations

- Eligibility
 - Who is eligible?
- Frequency
 - How do I know when I last got immunizations?
- Scheduling
 - How do I schedule to get my immunizations?
- Confidentiality
 - Where are my records kept?
- Concerns
 - Is there a deadline to get immunizations?



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Education

- What are Quarterly Classes?
- When is the next Quarterly Class?
 - 2/07: Understanding Nutrition
 - 3/07: Functional Exercise Equipment
 - 5/07: Heart Rate Training
- How do I sign up?



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Peer Fitness Trainers (PFT)

- What training do PFT's have?
 - Personal Training Certification
 - Continuing Education
- What can PFT's do?
 - Individual fitness assessments
 - Individual program design
 - Group workouts
 - Form and technique analysis
 - Recruit Firefighter academy
- How do I contact a PFT?



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Research

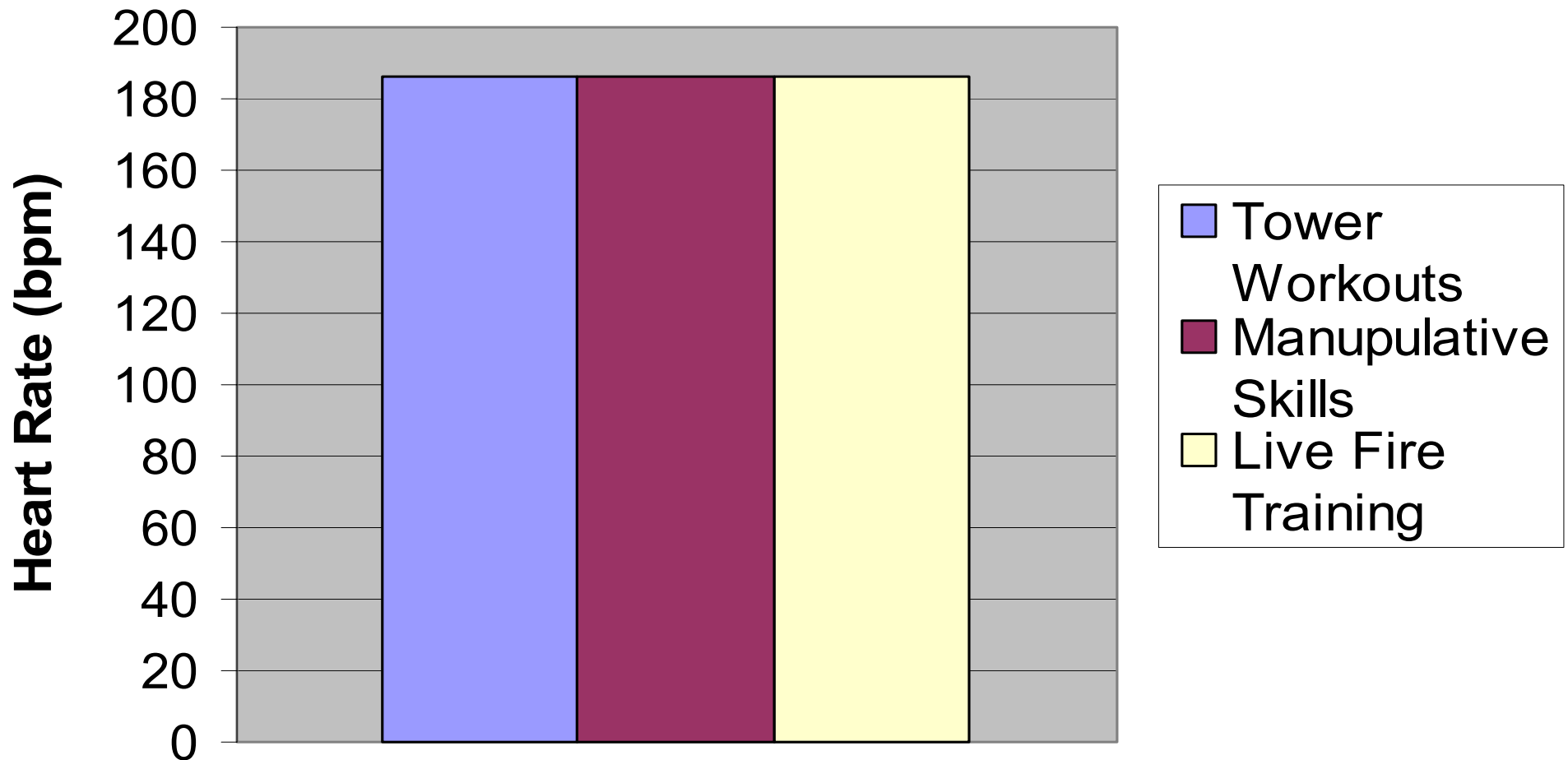
- Data collection
- Heart Rate Data
 - TAG
 - Exertion levels
 - Academy
 - Entry level fitness
 - Overall progress
 - Fitness improvements
 - Possible volunteer study

Heart Rate Data



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Average Maximum Heart Rate





Station Equipment and Gym Memberships

- Station Equipment
 - Replace equipment
 - Repair/maintenance
 - Standardized compliment
 - Treadmill, bike, Concept II Rower, Functional Trainer, rack w/ pull-up bar, barbell set w/ grip weights, moveable bench, dumbbells, medicine balls, D-ball, physioball, bands, jump ropes
- Gym Memberships
 - Currently 70 memberships
 - Renewals done through WEFIT



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What's new?

- Noon work out classes
- Crossfit Fridays
- Crossfit certification held at OCFA
- Bi-monthly newsletter
- Firefighter data collection
- Quarterly classes
- PFT training
- Battalion/Division training
- Academy Fitness Fair
- Standardize station equipment
- OCFA Fitness Seminar
- Heart Study UCI



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Any questions?