



HEALTH AND WELLNESS

The Peer Fitness Team is led by a group of Ames Fire Personnel with a passion for helping others with their health and wellness needs

- Fitness rooms and equipment in each station
- Workouts allowed throughout the day
- Peer Fitness Profile twice a year
- InBody body composition testing twice a year
- Monthly information topic posted
- Wellness Monday class from City of Ames Wellness Coordinator
- Physicals provided every other year
- Coronary Artery Calcium Scoring
- Peer designed workouts
- Partner with City of Ames Wellness Team
- Work on physical ability test for hiring process



CITY OF
Ames[™]
FIRE DEPARTMENT