



# HEALTH AND WELLNESS

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**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  
Posted monthly information topic  
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



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**Ames**<sup>™</sup>  
FIRE DEPARTMENT