

Exercise Basics  OVERVIEW	<b>PHOENIX FIRE DEPARTMENT HEALTH &amp; FITNESS</b>  M. P. 1-A04.01 01/1998-N Page 1 of 1
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## OVERVIEW

The Fire Service, by its very nature, includes risks of injury and disease. The exposure to hazardous situations, the immediate demand to perform at peak physical capabilities, and the ever present stress all contribute to the risk of an injury. The old adage of "an ounce of prevention is worth a pound of cure" is of great significance in the Fire Service. It is the Phoenix Fire Department's belief, that the most beneficial and effective means to prevent injury is to follow standard safety procedures and increase the fitness levels through a comprehensive fitness program.

A statement that should be the foundation of any fitness program is entitled, "Pursuit of Excellence."

*"As individuals, we do not begin life with equal innate capacities for mental or physical achievement. Consequently, we cannot pursue excellence in physical fitness on an absolute scale; everyone should, however, strive for the highest level of fitness within the limitations of his or her own physical potential."*

THAT IS THE TRUE GOAL OF THIS PROGRAM!