Wellness Grant Feature of the Month: UC Davis Fire Department

Wellness Ambassador: Corrie Beall

The UC Davis Fire Department used their Mini-Grant funds to make improvements to their weight room and buy new fitness equipment in order to provide more opportunities for exercise among their department members. By using the Mini-Grant funds, Wellness Ambassador Corrie Beall hoped to improve the versatility of the fire department’s fitness room, provide various plyometric workout options, offer recovery tools, and upgrade current exercise equipment in an effort to improve physical wellness.

Since purchasing the new equipment, about 32 operational staff members and 7 command/administrative staff members have begun regularly using the fitness room and recording their workouts. Corrie has received an encouraging amount of positive feedback from staff who have taken advantage of the fitness room improvements. Many staff members said that they feel much more motivated and excited to put new exercise circuits together or try new workout routines with the “new toys.” Department employees have found that the fitness room improvements have had a social benefit, as well. Many staff members now workout together in groups, which has been a great way to motivate one another toward new fitness goals.

Mini-Grant funds have also provided the fire department with equipment to help train firefighters for deployment to various incidents, such as wildland fires. In an effort to prepare their bodies for these strenuous circumstances, the fire department was able to create a Strike Team Deployment Flexibility Regimen for “Staying Limber in the Timber!” This detailed regimen explains objectives, lists what equipment to use, and provides visual examples of each maneuver in the routine.

By reflecting on the outcomes of the fitness room improvements, Corrie has found that more staff members are now engaging in daily workouts and group workouts, and have improved exercise versatility. Fire department staff agree that the new equipment has helped them improve their collective flexibility, strength, endurance, and overall health. Additionally, the crew seems more motivated to participate in daily exercise regimens. The unanimous suggestion for future improvement has been, “more equipment!”

Corrie plans to continue promoting health and well-being within the fire department by adding more exercise equipment and recovery tools to the fitness room in order to cater to every type of fitness need. Her ultimate goal is to get each staff member participating in some form of physical exercise daily.