



Local No. 22

• **PHILADELPHIA FIREFIGHTER & PARAMEDIC UNION**

International Association of Fire Fighters
415 N. 5TH STREET, PHILADELPHIA, PA 19123

AFFILIATED WITH

DELAWARE VALLEY MARITIME TRADE COUNCIL • PENNSYLVANIA STATE FIRE FIGHTERS' ASSOCIATION
PENNSYLVANIA AFL-CIO

June, 2017

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RE: **LOCAL 22's HEALTH and WELLNESS INITIATIVE**

To Local 22 Health Plan Members:

The build- up of the Health Plan Wellness Fitness initiatives is in full swing and all members are encouraged to participate in the Philly Fire Motivated Fitness Program.

Our Motivated Fitness Trainers have developed a program that rivals any gym membership and will help you to live a healthier lifestyle. The Philly Fire Motivated Fitness Program is available free of charge to our members. Our program has trained and certified over a dozen personal fitness trainers that can assist our members at every fitness level. Individual core fitness programs can be set up to assist our members based on their individual needs. Plus we have weekly motivated fitness workouts in various sections of the city that anyone can attend and workout at their comfort level.

Local 22's Health Plan incentives are available to participants in the Philly Fire Motivated Fitness Program and all members are encouraged to utilize and participate in this program. Please join us for a weekly workout and share in the positive healthy lifestyle. All are invited and all fitness levels are encouraged to participate in any work out activity. Our professional personal trainers will work one-on-one with any member for the positive benefits of a healthy lifestyle.

It is my hope that you will take advantage of the program to get healthy and stay healthy.

Fraternally,

ED MARKS, President
Local No. 22, I.A.F.F.

EM/ktb