Local 22 Health Plan Members,

The build out 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 Leaders 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 ever 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 a 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. I look forward to seeing you there.

Fraternally,

Andrew Thomas

President Local 22

Firefighters and Paramedics Union