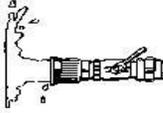


# PHOENIX FIRE DEPARTMENT FIRE FITFACTS

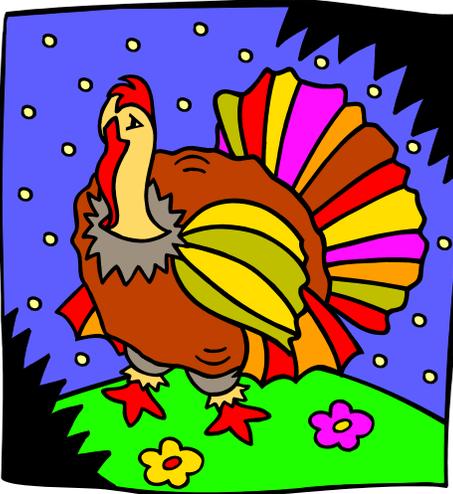


*Be Nice*

*Prevent Harm*

*Survive*

## HAPPY THANKSGIVING



The Phoenix Fire Department is Thankful for the Opportunity to provide you with a message that we feel is so important. We care about you and hope we can help you reach your potential and experience the vitality that you possess. Life is a gift and fitness is one of the best ways to unwrap it. Treat yourself to some great workouts during your holiday.



From  
The FIRE FIT Program  
&  
The entire Phoenix Fire Department  
Happy Thanksgiving