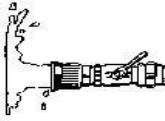


PHOENIX FIRE DEPARTMENT FIRE FITFACTS



Be Nice

Prevent Harm

Survive

HAPPY HOLIDAYS



The Phoenix Fire Department would like to share this holiday season with you and remind everyone that this is the season to give to those you love and those who are less fortunate. It is in giving that we really receive the blessing of making a difference in people's lives. Rather than focus on what we need or want we try to focus on what we can do for someone else to help them feel better. 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 Holidays