



## Fitness Assessment Suite

**Employer: County Durham & Darlington Fire & Rescue Service**

**Area: Physical Activity/MSK**

**Theme: Physical Activity**



As discussed as part of the physical activity campaign, the Service Health and Fitness Advisor has recently opened a new Fitness Assessment Suite based at the Headquarters site in Belmont which now provides a bespoke space for a number of areas including fitness/health assessment and fitness development consultation for individuals who require it.

To promote the suite a video was made by the Communications team informing staff of the new set-up and as a result of that a number of people came forward requesting gas analysis assessments so they could gauge their fitness status using the most accurate method and it was also advertised for staff to book in a health MOT in line with Men's Health Week.

Stephen, who put himself forward for a health check says 'I have worked for CDDFRS for over a year now and it's not a secret that a great perk of my job is to be able to use the free onsite gym. It has very good equipment and is always clean. I class myself as being physically fit but as I'm now over 40 years old and my job role is sedentary, I am fully aware that I need to do as much fitness as possible. I was given a full gym induction so that I can use the equipment safely and confidently. I use the gym every lunchtime when I work in the office for 30-45mins. This is a great way to break my working day up to distract myself from working pressures and also burn those much needed calories.

I was lucky to be able to have a health assessment in the new Fitness Assessment Suite based at Headquarters. This was performed in a professional manner and I was provided a full detailed report with my results. I wanted to do this assessment to understand more about my fitness levels and also to gain expert advice of how I can change my lifestyle to improve my physical and mental health.

I am now more body aware and try to monitor my nutrition intake. Much of the information provided



was common sense but it actually helps when it's specific to my own health. The biggest factor I took from it was that I need "a better night's sleep" and this is vitally important to health and wellbeing.

Jon was also another member of staff who booked in for a health check, but wanted to take it one step further and requested to have his fitness assessed in the form of a VO2 max gas analysis assessment. Jon said 'I initially booked in for a health check after seeing them advertised in HQ, to find out my baseline measurements as I was in the process of starting a new fitness regime. I also saw a video that Joe had made on the fitness suite and what it has to offer, so I asked Joe if he could assess my aerobic fitness levels using the VO2 max gas analyser. After booking in and completing the test, I got some really useful information and I knew exactly where I stood in terms of my fitness levels and was invited to return in the future to see if they have changed as a result of my training routine. The new fitness suite facility is a great idea and the setup of the kit looks very professional and has helped give me the focus and motivation to make improvements to my health and fitness.

The suite has been a huge success and was shortlisted for an award for 'Innovative Project' as part of the Being the Best Awards.

