

ELEMENTS OF THE PHYSICAL FITNESS PROGRAM

1832

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The elements of the CAL FIRE physical fitness program include the following:

- Safe and effective exercise programs designed to enable employees to better perform physically demanding tasks both on and off the job.
- Trained Physical Fitness Coordinators to serve as resources to assist development of individualized programs and to provide training on safe and effective exercise techniques.
- Guidelines, suggestions, and information relative to exercise conditioning, weight control and nutrition.

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