

SportsArt FITNESS

Kent Firefighters invest in SportsArt for fitter future

As part of Kent Fire & Rescue Service (KFRS's) drive to increase the wellbeing of its entire staff and improve the operational fitness levels of firefighters, it was decided to place gym facilities on wholetime fire stations. As a result, some 34 pieces of the latest SportsArt cardio fitness equipment – including eco-friendly treadmills, elliptical cross trainers and spin bikes have been installed at 17 stations across the county since February 2010. These acquisitions complemented existing current weights and cardiovascular facilities, enabling us to focus training of core strength, endurance and flexibility.



KFRS Fitness Advisor Gareth Redmond said: "It is a well known fact that fitness training ensures that people are much more physically and mentally better prepared to deal with every day challenges and in the case of firefighters, the next emergency call as it comes in.

Life as a firefighter can be unpredictable and requires multi-tasking, as one day you might be visiting schools or fitting smoke alarms and the next dealing with a house fire or attending a road accident. This means that the job requires many different skills including a good level of physical fitness.

After discussions and reviewing possible suppliers, we received a very positive recommendation from our colleagues from the neighboring East Sussex Fire & Rescue service, who not only recommended the quality and reliability of the equipment, but also the service standards of SportsArt Fitness UK.

Following up on this recommendation, we contacted SportsArt who were very professional in their approach, but dealt with our enquiry at a personal level. Whenever we communicated with the company it was easy to get hold of our original contact - Mark Turner, who was very enthusiastic about helping and providing cost effective solutions to our gym project, and was very flexible with options.

What clinched the contract for SportsArt? The decision was based on the fact they not only submitted a competitive, but we also felt we could trust the company to service and maintain the equipment for the duration of the service contract. This was very important to us as we need to keep the equipment operational at all times."

Gareth Redmond continued, "The benefits of investing in a healthier work force are two-fold. First, fitter and healthier staff has more enthusiasm for the job, are less prone to long term sickness, which in turn contributes to a more effective fire and rescue service.

Secondly, firefighters for many are viewed as role models in the community, especially to children and young people and hopefully, this will encourage them and the wider community to pursue a healthier lifestyle.

We can also report that the SportsArt fitness equipment is simple to use and has been very well received by the firefighters and support staff, and we're already seeing the benefits of improvements in staff fitness levels. There have been only a few minor performance issues since installation and these have all been dealt with promptly and efficiently.

SportsArt are a very professional company supplying quality kit at competitive prices. What impressed us most was the friendly supportive nature of the company and I would certainly recommend SportsArt to similar companies."



Kent Fire &
Rescue Service

SportsArt
FITNESS

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