

Get fit with your fire and rescue service



Kent Fire & Rescue Service
FireFit scheme

“FireFit” is an initiative to raise the standards of health and fitness throughout KFRS (Kent Fire & Rescue Service) and communities in Kent & Medway.

Firefighters have to be fit to do their job. That makes them good role models for the benefits of healthy lifestyle. FireFit uses firefighters in the local community to promote healthy living through exercise. The programmes are developed with local partners to target local communities and those most likely to be at risk.

FireFit gives people the opportunity to test out the training equipment used by firefighters to keep them in shape, and also test their speed by getting involved in firefighter activities such as rolling out a fire hose and reeling them in. Also trying on breathing apparatus equipment which is used in firefighting and rescuing a casualty.

FireFit acts as an excellent engagement tool which can support multiple campaigns both internally within KFRS and externally with our partners. An example of this work previously carried with the NHS Stop smoking team we were able to highlight the advantages of a healthy lifestyle at a pop up event, whilst also promoting smoke free homes whilst conducting home safety visits.

Get Fit with your local Fire & Rescue Service!
Get Fit. Get FireFit.