



LOS ANGELES FIRE DEPARTMENT

KRISTIN M. CROWLEY
FIRE CHIEF

June 3, 2022

BOARD OF FIRE COMMISSIONERS
FILE NO. 22-058

TO: Board of Fire Commissioners

FROM:  Kristin M. Crowley, Fire Chief

SUBJECT: IN-KIND DONATION OF HEALTH & WELLNESS EQUIPMENT TO FS 83

FINAL ACTION:	<input type="checkbox"/> Approved	<input type="checkbox"/> Approved w/Corrections	<input type="checkbox"/> Withdrawn
	<input type="checkbox"/> Denied	<input type="checkbox"/> Received & Filed	<input type="checkbox"/> Other

SUMMARY

The Los Angeles Fire Department Foundation (LAFDF), through its Adopt-A-Fire-Station program, has graciously donated health and wellness equipment to Fire Station 83 in Encino. The purpose of the equipment is to allow firefighters to maintain the necessary fitness levels to perform the often physically demanding fitness duties required in the course of their workday. COVID-19 has restricted LAFD members to patronize private gyms on their off-days, so having proper fitness equipment at the fire station is of paramount importance for their health, wellness, and readiness to perform their job functions. The value of this donation is estimated at \$3,000.

Submitted in accordance with the Los Angeles Administrative Code, Article 12, Sections 5.111.3 and 5.111.4, which provides for the receipt of gifts and bequests of personal property to be utilized by the Fire Department, not exceeding \$5000.00 in market value shall be submitted to the Board of Fire Commissioners for acceptance or rejection.

RECOMMENDATION

That the Board:

Approve this report and accept the In-Kind Donation from the above organization's Adopt-A-Fire-Station program valued at \$3,000 to the Los Angeles Fire Department.

FISCAL IMPACT

There is no fiscal impact to the Department's budget from the acceptance of this donation.

CONCLUSION

The Los Angeles Fire Department benefits tremendously from gracious donations and support provided directly to its fire stations by the Los Angeles Fire Department Foundation. The Los Angeles Fire Department acknowledges and thanks the LAFDF for this donation.

Board report prepared by Cheryl Getuiza, Acting Public Information Director, Community Liaison Office.

Attachment



(tel:1-800-875-9145)



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Product Code: inspire-fitness-m2-home-gym

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DESCRIPTION

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Inspire Fitness M2 Home Gym

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The Inspire M2 Multi-Gym - Designed to offer maximum function in a minimum footprint

The Inspire M2 Gym represents all of the capability of a multi-weight stack gym in a compact, single stack, forward design. Its unique press arm offers both fixed pressing exercises as well as free motion movements. Why is this important? Well, fixed pressing exercises help develop size and strength, while free motion movements improve mobility and coordination.

For maximum benefit in a minimum amount of time, the Inspire M2 Gym is the answer. In its construction, it uses commercial 11 gauge steel for its frame, nylon pulleys (not plastic), 2000lb. tensile strength cables, and precision ball bearings in its press arm pivot.

Here is a great exercise video of this gym!

Note: It is an older model but most of the exercises are the same.

Inspire Fitness M2 Gym Exercise Demo fr...



Frame: Heavy-duty 2"x 4" oval and 3"round 11 gauge tubular steel

- **Powder Coated Finish:** The Electrostatic Powder Coat offers a durable, maintenance free finish
- **Pivot Points:** The bench press pivot points have 1½" Precision Steel Ball Bearings, all other parts pivot on Oil Impregnated Brass Bushings to ensure a smooth and fluid motion with no maintenance
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- **Accessories:** 48" Aluminum Revolving Lat Bar, Aluminum Revolving Easy Curl Bar, Strap Handles with revolving grips, and an Ankle Strap
- **Options Available:** Leg Press, 200 LB. Weight Stack, and Abdominal Bar
- **Dimensions:** 48" W x 72" D x 78" H
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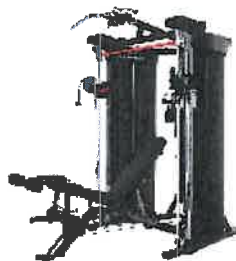
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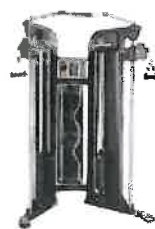
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