

 <p style="text-align: center;"><b>Council Communication</b> Office of the City Manager</p>	<b>Date:</b>	May 9, 2011
	<b>Agenda Item No.</b>	<b>41</b>
	<b>Roll Call No.</b>	<b><u>11-810</u></b>
	<b>Communication No.</b>	<b><u>11-261</u></b>
	<b>Submitted by:</b>	<b>John F. TeKippe, Chief of the Fire Department</b>

**AGENDA HEADING:**

Approving the purchase of ten (10) Octane Pro 4700 elliptical cross training machines.

**SYNOPSIS:**

Recommend Council approval to purchase ten (10) Octane Pro 4700 elliptical cross training machines from 2nd Wind Exercise, Inc. ( Owner-Richard Enrico, 7585 Equitable Drive, Eden Prairie, MN 55344; Contact: Chris Arns, 7585 Equitable Drive, Eden Prairie, MN 55344, - # 952-544-5249). Equipment is necessary to meet mandatory requirements of Fire Department Wellness Fitness program.

**FISCAL IMPACT:**

Amount: \$37,850

Funding Source: FIR010700, 544120 Fire - Maintenance And Repair, Recreational

**ADDITIONAL INFORMATION:**

In fall 2010, the Fire Chief initiated the Wellness and Fitness Program, including the requirement that all sworn personnel exercise 30 minutes per shift. This program is consistent with requirements of the collective bargaining agreement.

Participation in the program ensures each employee is capable of meeting the physical demands of the job, reduces the risk of injury, extends the health and longevity of employees, and has the additional objective of reducing health and injury costs. Joint research by the International Fire Chiefs, International Fire Fighters, and the Department of Justice, indicates the need for high levels of aerobic fitness, muscular endurance, and muscular strength to safely and effectively perform on the fire ground and other emergency incidents.

From fall 2010 to the present, the department evaluated elliptical devices as a means of meeting the Wellness and Fitness Program objectives and goals. The Wellness and Fitness Committee, including six (6) sworn personnel who are American Council on Exercise (ACE) certified, guided this evaluation to ensure its completeness and adherence to department objectives.

Demonstration machines were placed in work spaces for periods of 4-6 weeks at no cost. Following use by employees, feedback was obtained regarding operation; ease, likelihood, and consistency of use; and individual performances. Machines were then rotated so that a comparison between devices could be conducted utilizing similar participants.

The Octane Pro 4700 was found to best meet the needs of the department program and individual participant needs. Specifically, use of this model resulted in low-to-no joint pain, a high level of versatility for differing exercise programming, high user satisfaction, and was the lowest cost. Each of these findings was superior to the ratings of other devices.

The Octane Pro 4700 meets the needs of the greatest number of personnel because of its low impact design and adjustable stride length. It also has a narrower pedal spacing than the industry standard which more closely mimics walking, jogging, and running. Multi-grip handles allow the user to activate different upper body muscles while exercising. This model also has several interactive programs to emphasize strength training for specific muscle groups or interval type speed workouts.

Of the several alternatives evaluated, the Octane Pro 4700 not only met the needs of the department, but also was the lowest in price per unit. The number of units allows the placement of one unit per fire station. Fewer units would not meet the department program goals or objectives as it is neither practical to remove fire units from service to complete this program nor is the program allowed to limit fire unit emergency response.

**PREVIOUS COUNCIL ACTION(S): NONE**

**BOARD/COMMISSION ACTION(S): NONE**

**ANTICIPATED ACTIONS AND FUTURE COMMITMENTS: NONE**

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