



FIRE DEPARTMENT OF THE CITY OF CHICAGO

Bureau: Operations
Company: Engine #18

Date: 17 June, 2015
Address: 1360 S. Blue Island

To: Timothy Sampey
District Chief
1st District

From: Michael S. Wielgat
Captain/EMT B
Engine #18; 1/A

Subject: Life Fitness Synergy 360T Exercise Equipment

Sir: Attached to this and the original form 2A is the Life Fitness Facility Release & License Agreement for the installation of the Synergy 360T exercise equipment and video/photo shoot of the equipment being installed courtesy of Life Fitness.

The expected delivery and installation date is the 3rd of August, 2015 which is expected to take approximately 2 hours. The video/photo shoot is scheduled for the 4th of August and expected to be a full day event.

As a reminder to the attached copy of the original form 2A, off duty members will be photographed and videotaped working out on the cross-fit style training equipment. They are expected to be wearing a combination of Life Fitness and Chicago Fire Department T-Shirts.

Also as a courtesy, at your approval, I will send an email reminder of the event to DDC Lyle of media affairs to ensure there are no conflicts with training or Chicago Fire show filming.

Their research and studies show that 50% of injuries suffered during fire-ground operations are strains, sprains or muscular pain. Furthermore, 38% of on-the-job injuries suffered by EMS workers are caused by body reaction or exertion.

Injury prevention, especially with first responders, begins with health and conditioning. When we respond to emergency incidents on a daily basis, we need to train for every contingency and come to work prepared. Life Fitness has durable, innovative equipment that helps first responders perform better and stay on the job.

Cardiovascular endurance is essential for our members getting in and out of dangerous situations. Strength is critical for protecting ourselves, saving lives and for the protection of property. The Life Fitness Synergy 360T is designed to enhance agility and endurance, precisely the type of health promoted by The Chicago Lives Health Program.

I know I may sound like an employee or supporter of this company but I have no affiliation with them. What I am a strong supporter of is that our members have the time and type of equipment available for them to maintain their agility and endurance through specially designed equipment. The conditioning of the circulatory system of the heart and the respiratory system of the lungs will help our members perform their daily duties safer and more efficient.

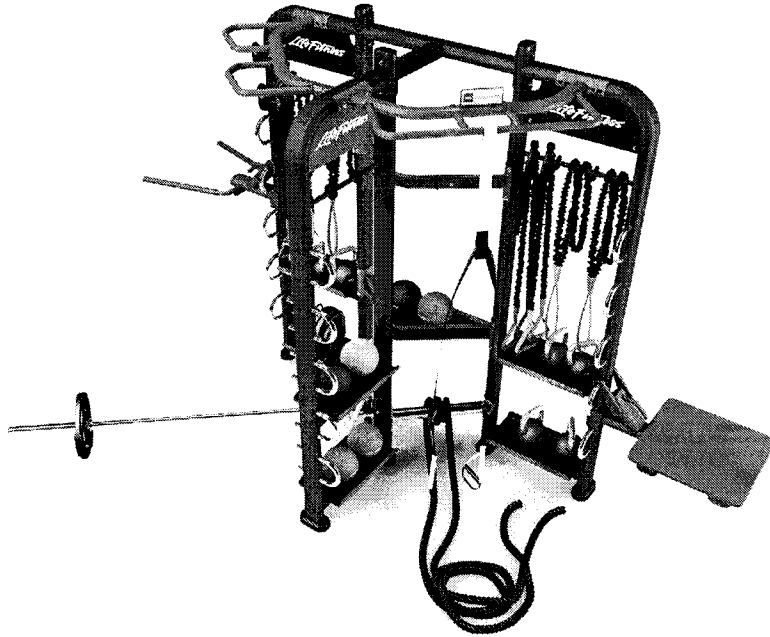
The new Synergy 360T system also has many cross training and other stations to help to prepare for the CPAT, the Candidate Physical Ability Test. This test was developed by the Fire Service Joint Labor Management Wellness/Fitness Initiative. Many Fire Departments such as ours use the CPAT to assess the physical condition and abilities of potential candidates.

Life Fitness would like to install The Synergy 360T system for The Chicago Fire Department at Engine Co. 18's quarters. The only thing they ask for in return is that they can film our off duty members working out. They are not looking for any type of Chicago Fire Department endorsement but I do believe that would show the national fire service the importance of physical fitness within our department.

Life Fitness representatives would like to visit our station next week just to take a look around and see how they can help. There is a vital timeline involved for this to happen. Life Fitness would like to deliver the equipment on August 3rd, video our off duty members on August 4th and leave the equipment for our members use after the video shot.

This is the URL, or website address of the Synergy 360T.
<https://www.lifefitness.com/facility/products/synrgy360>

I've also included a photo of this equipment below.



Your prompt attention to this matter would be greatly appreciated. I look forward to your approval and subsequent Fire Commissioners approval.

Respectfully Submitted,

Michael S. Wielgat
Captain/EMT
File # 16461



FIRE DEPARTMENT OF THE CITY OF CHICAGO

Bureau: Operations
Company: Engine #18

Date: 2 June, 2015
Address: 1360 S. Blue Island

To: Timothy Sampey
District Chief
1st District

From: Michael S. Wielgat
Captain/EMT B
Engine #18; 1/A

Subject: Life Fitness Synergy 360T Exercise Equipment

Sir:

It's been brought to my attention that Life Fitness, one of the nation's leading fitness equipment manufacturers, is interested in donating their new Life Fitness Synergy 360T cross training system. This is the same manufacturer whose equipment is being purchased and installed in most of our newer fire stations such as Engine Co. 18.

It is very important to me as an officer to promote the importance of physical fitness and the positive effects it has on our members for their personal health and fitness but also the positive impact this would generate on our members in the performance of their duties.

The City of Chicago has recently launched The Chicago Lives Healthy Program. This program offers a powerful but flexible approach to wellness aimed at helping eligible employees and their spouses/domestic partners/civil union spouses to achieve improvements in their health and well-being and live healthier lives. Active participation on behalf of the city employee population will improve health and help maintain high value health care benefits at a reasonable cost to employees.

The Life Fitness Synergy 360T is the type of company that also focuses on the importance of physical fitness. They have researched and dedicated a large percentage of their research and development to improve fitness for the First Responder.



Facility Release & License Agreement

Distributor: Life Fitness Facility: _____

Address: 9525 BRYN MAWR AVE
(Street Number and Name)

Address: _____
(Street Number and Name)

ROSEMONT, IL 60018
(City, Province/ State and Zip Code)

(City, Province/ State and Zip Code)

U.S.A
(Country)

(Country)

Phone No. 847.288.3909

Phone No. _____

Facsimile No. _____

Facsimile No. _____

Email: brian.clapper@lifefitness.com

Email: _____

Contact: BRIAN CLAPPER

Contact: _____

The "Distributor" and the "Facility" defined above grant to Life Fitness, a division of Brunswick Corporation, ("Life Fitness"), a non-exclusive, fully paid-up, perpetual, royalty free, worldwide license, with the right to grant sublicenses to Life Fitness' dealers and distributors on terms and conditions not inconsistent herewith, to use photographs/videos of the Facility and/ or any cardiovascular and/ or strength training equipment manufactured or distributed by Life Fitness (the "Equipment") on the premises of the Facility (collectively, the "Photographs/videos") and to use any and all of the Facility's service marks, trademarks, logos, insignias and trade names used to identify the Facility in connection with the Photographs/videos for use by Life Fitness in advertising, merchandising, promotion, manufacture, sale and distribution of the Equipment, and the Photographs/videos shall be the sole and exclusive property of Life Fitness and shall have the right to use the Photographs/videos without the prior written approval of the Facility. However, Life Fitness agrees that it will properly identify the Facility as the owner of the names, marks, logos and insignias and will not knowingly engage in any activity which jeopardizes the Facility's intellectual property rights in the names, marks, logos and insignias.

The undersigned represent that each is empowered by the respective entity with the authority to enter into this Agreement and grant the license described herein. This Agreement shall be effective as of the last date set forth below.

Distributor:
Signature Brian Clapper

Facility:
Signature _____

Printed Name BRIAN CLAPPER

Printed Name _____

Title ASSOCIATE MARKETING MANAGER

Title _____

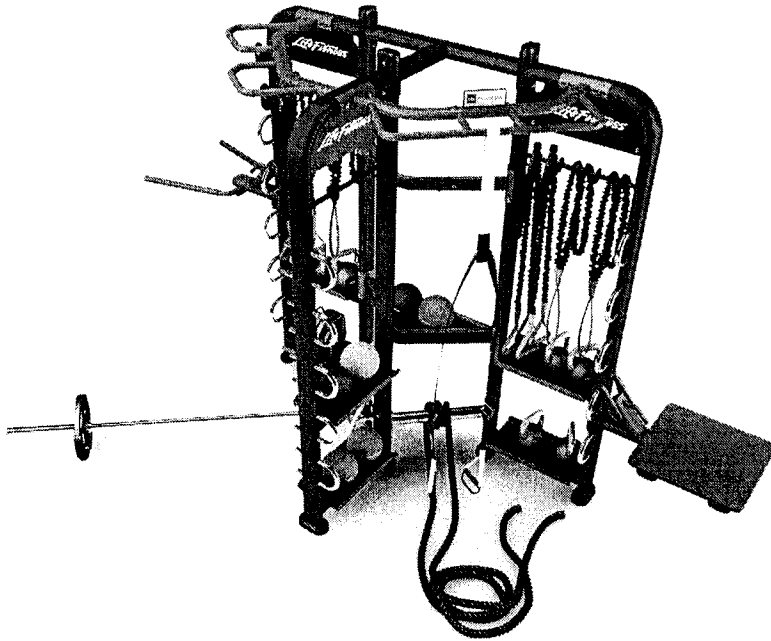
Date 7/17/15

Date _____

If you have any additional questions please feel free to reach out via email or my cell phone directly, (773) 818-8700.

This is the URL, or website address of the Synergy 360T.
<https://www.lifefitness.com/facility/products/synrgy360>

I've also included a photo of this equipment below.



Respectfully Submitted,

Michael S. Wielgat
Captain/EMT
File # 16461

Received and
Forwarded
7/17/15

RECEIVED & FORWARDED

DR. JAMES [Signature] 17 July 2015

RECEIVED & FORWARDED: 7/20/15
DC [Signature] 7-1-15