

VILLAGE OF DOWNERS GROVE
Report for the Village
6/21/2022

SUBJECT:	SUBMITTED BY:
Fire Department Physical Fitness Evaluation and Consulting Services	Scott Spinazola Fire Chief

SYNOPSIS

A resolution has been prepared authorizing a one year contract extension (July 2022 to July 2023) with AZ Fitness Consulting, LLC dba Fire Rescue Wellness for Fire Department physical fitness consulting services in the amount of \$17,748.

STRATEGIC PLAN ALIGNMENT

The goals for 2021-2023 include *Exceptional Municipal Services*

FISCAL IMPACT

The FY22 and FY23 General Funds each provide \$9,000 in funding for this contract.

RECOMMENDATION

Approval on the June 21, 2022 consent agenda.

BACKGROUND

The Village of Downers Grove approved a three year contract with AZ Fitness on July 9, 2019. This program is designed to provide physical fitness consulting and fitness evaluation services for the Downers Grove Fire Department. These services provide valuable information used by firefighters to maintain and improve physical fitness. Services include baseline testing, annual evaluation to track progress, best practices in lifting/carrying patients and equipment, nutrition counseling and proper hydration strategies. The Fire Department is requesting a one year extension to this contract.

ATTACHMENTS

Resolution
Agreement

RESOLUTION NO. ____

**A RESOLUTION AUTHORIZING EXECUTION OF
AN EXTENSION TO THE AGREEMENT BETWEEN
THE VILLAGE OF DOWNERS GROVE AND
AZ FITNESS CONSULTING, LLC**

BE IT RESOLVED by the Village Council of the Village of Downers Grove, DuPage County, Illinois, as follows:

1. That the form and substance of a certain Agreement (the "Agreement"), between the Village of Downers Grove (the "Village") and AZ Fitness Consulting, LLC d/b/a Fire Rescue Wellness (the "Consultant"), for physical fitness consulting services, as set forth in the form of the Agreement submitted to this meeting with the recommendation of the Village Manager, is hereby approved.

2. That the Village Manager and Village Clerk are hereby respectively authorized and directed for and on behalf of the Village to execute, attest, seal and deliver the Agreement, substantially in the form approved in the foregoing paragraph of this Resolution, together with such changes as the Manager shall deem necessary.

3. That the proper officials, agents and employees of the Village are hereby authorized and directed to take such further action as they may deem necessary or appropriate to perform all obligations and commitments of the Village in accordance with the provisions of the Agreement.

4. That all resolutions or parts of resolutions in conflict with the provisions of this Resolution are hereby repealed.

5. That this Resolution shall be in full force and effect from and after its passage as provided by law.

Mayor

Passed:

Attest: _____

Village Clerk

**EXTENSION TO THE AGREEMENT BETWEEN
THE VILLAGE OF DOWNERS GROVE AND
AZ FITNESS & NUTRITION**

The Village of Downers Grove, Illinois and AZ Fitness Consulting, LLC dba Fire Rescue Wellness ("Consultant") entered into an agreement for physical fitness consulting services for the Downers Grove Fire Department on or about July 10, 2019. Pursuant to the terms stated therein, the parties desire to extend that agreement under the following terms:

1. The Agreement shall be extended through June 30, 2023.
2. The total not-to-exceed fee for this extension shall be Seventeen Thousand Seven Hundred Forty-Eight Dollars and No Cents (\$17,748.00). Payments to the Consultant shall be made in four equal installments of \$4,437.00.
3. All other terms from the July 10, 2019 Agreement remain in full force and effect.

VILLAGE OF DOWNERS GROVE

AZ FITNESS & NUTRITION

Village Manager

[Handwritten Signature]

Attest:

Title: _____

[Handwritten Signature]

Village Clerk

Date: _____

Date: _____

[Handwritten Date]