



# Pueblo Fire Fit Kids

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Firefighter Tim Trujillo

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@firefitkids on Facebook

The Fire Fit Kids program is designed to bring kids from the Pueblo area into their neighborhood fire stations or park for a light workout and firefighter-related obstacle course. The obstacle course is followed by a fire station tour with plenty of photo opportunities and socializing along the way.

The event nights are held at a different fire station on the second Tuesday of each month when available and at free venues during the summer. Each Fire Fit Kids night lasts approximately an hour and fifteen minutes. During that time, we provide a fun and educational environment for kids, as well as their parents and guardians.

We believe that a good education, respect, and a healthy lifestyle are key to becoming a successful adult and we will continue to spread that message throughout our community.

Fire Fit Kids has nurtured community partnerships with both School Districts, the Pueblo County Library, and Pueblo Parks and Recreation. You can direct your requests for events to the Event Request Form @ [pueblo.us/fire](http://pueblo.us/fire).

“When I was kid, I would ride my bike 2 miles to the Eastside fire station. I’d look to see if the firefighters were in the station and then I’d let the air out of my tires, just so I could ask to use their air compressor. All of that just so I could get a peek of their gear and stand next to the fire truck. That is the feeling I want to bring to our youth with Fire FIT KIDS!” Tim Trujillo

**Follow Fire Fit Kids on Facebook for our schedule of events.**