

The Schiff Show - Fit to Fly? When Health / Training / and Pride Collide in the Cockpit

Event Details

This course uses real accident examples that link fatigue, sleep apnea, high blood pressure, and heart disease to the safety risks pilots can't afford to ignore. The key takeaway is simple: being fit to fly is part of good aeronautical decision-making.

We'll talk about warning signs that are easy to miss, like constant fatigue, poor sleep, and changes in how you feel or perform. The course also covers honest self-assessment, open conversations with your AME, and building healthier habits. With Lashae Bacon of Mile High Health Club bringing her aviation and fitness experience to the discussion, the course remains practical, relatable, and focused on what pilots can actually do to be fit for flight.

Registration is not required. After viewing the program, WINGS Credit is earned immediately upon successful completion of a short quiz. The link to that quiz is on the page noted below.

Thu, Aug 13, 2026 at 19:00 CDT

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Foreign, FN



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**Lead Representative JOHN
ANTHONY TEIPEN n/a**

Go to this link to view this event live at the scheduled time, or to learn more about this program - <https://www.theschiffshow.tv/20>

All programs are archived for viewing after the live event using the same link above.

A message from the National FAASafety Team Manager

Earn your WINGS to get a chance to win a prize. Go to <https://www.wingsindustry.com/WINGS-Sweepstakes> for more info. Join us on Facebook: <https://www.facebook.com/groups/GASafety/>

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The FAA Safety Team (FAASafety Team) is committed to providing equal access to this meeting/event for all participants. If you need alternative formats or services because of a disability, please communicate your request as soon as possible with the person in the “Contact Information” area of the meeting/event notice. Note that two weeks is usually required to arrange services.