

Holiday
EDITION



Resources to help you and your crew stay "fit for duty."

Your MFD Tactical Fitness Team have some great resources for you. Please feel free to "reply" with any comments, suggestions, or questions.

Improve your Strength, Mobility, and Performance in 2022



Did you know that MFD has a complete workout program with workout calendar, exercises and even video links? The program places emphasis on using mobility, core, and strength exercises to improve performance, reduce injuries and prolong your career. The program also integrates creative ways to improve your cardiovascular fitness by using intervals and functional fireground movements. Look at the program and direct any questions to a Tactical Fitness Team member.

[You can access the program from the MFD Tactical Fitness Website \(click here\).](#)

First Responder Holiday Fitness Tips



As the Holidays approach, the stress levels go up and the health of most people goes down. It is easy to get sidetracked and put off your fitness and nutrition until next year. But this is the time of the year where fitness can be the most beneficial. Consistent workouts can help you burn calories to make room for all the tasty treats and exercise is one of the best ways to manage stress. Here are some great fitness tips that will help you manage the holiday season as a first responder and maintain your health and fitness. [Click here for some first responder holiday fitness tips.](#)

First Responders, Holiday Blues and Vitamin D



Vitamin D, you may be surprised to discover, is more than a simple vitamin. It's a fat-soluble hormone produced in the kidneys in conjunction with direct sun exposure and/or vitamin D-rich foods, and it plays a direct role in immune function and anxiety reduction. We have all seen the milk ads about strong bones; but did you know that low levels of vitamin D also correlate to fatigue, muscle weakness, hair loss and mood regulation? It can also play a large role in seasonal depression. [Click here to read more about Vitamin D and its relation to mental and physical health.](#)

Join TEAM MFD in the Fight for Air Climb on Saturday April 9, 2022!



The Fight for Air Climb is a stair climb to raise funds for the American Lung Association to help fight lung disease. Pre-COVID the Climb took place at the US Bank bldg., a high rise in downtown Milwaukee where we climbed 47 stories. In 2021 with COVID precautions, the Climb moved outside to the Brewers Stadium, American Family Field, where it will be held again in 2022. Last year we climbed the stairs on the Loge Level approx. 1500 steps.

Every year since 2016 Madison Fire has had a team participate in the Fight for Air Climb Firefighter Division. Over those six years we have raised over \$17,000 for the American Lung Association. Competing in the Firefighter Division entails wearing full firefighter turnout gear and an SCBA as we climb. Won't you join us?

[Click here for more information and to join Madison Fire for our 7th Fight for Air Climb.](#)

If you have any questions, please contact any of the pictured Madison Fire members.

Increase Focus, Reduce Stress, and Improve your Overall Mental Health and Well-being.



The Healthy Minds Program is a free, donation-based app that can offer you scientifically researched and backed exercises and resources that help improve your overall health and wellness. The app offers podcast style lessons and active meditations that will enable the user to develop skills for training the mind to be healthier and able to take on the always changing and challenging aspects of life leading to better overall health. The research was done right here in Madison by world renowned neuroscientist, Dr. Richard Davidson at the University of Wisconsin-Center for Healthy Minds. [To learn more and to download the free app, click here.](#)

Cold Therapy for Better Health?



Have you ever heard of or considered trying Cold Thermogenesis as one way to improve your health? If you haven't, you're probably wondering, what is it and how does it relate to me and my health? Cold Thermogenesis is exposing one's body to cold temperatures for short periods of time to induce specific physiologic responses. Scientific research has shown that cold exposure can lead to health benefits like increases in body fat loss, reduction in stress because of stress resilience, improved circulation and vascular health, enhancing immune function, and improving deep sleep quality. The most common ways to engage in Cold Thermogenesis are cold showers or ice baths although there are many more ways this can be accomplished. [Click here for a great article explaining the benefits of Cold Therapy.](#)

Bounce Back from Pregnancy, Injury, or Surgery with these Great Core Exercises.



Returning to work after having a baby or surgery can seem like a daunting task. It takes patience, some good exercises, and consistent workouts. Here are some great exercises that will help a new mother or a newly healed first responder return to the job with confidence and strength. These are great exercises that every first responder needs to integrate into their workouts.

[Click here for these great exercises.](#)

Snowshoeing 101



Since you live in Wisconsin it's best to embrace winter and find some outside winter activities that are enjoyable for you and your friends and family. How about snowshoeing?

[Click here to see why snowshoeing is a one great option to get you outside to enjoy more of the Wisconsin Winter...once we get snow!](#)

Equipment Repairs and/or Requests



Please email fitness equipment repairs and requests to:

Chief Buechner (JBuechner@cityofmadison.com)

And

FF Zamzow (AZamzow@cityofmadison.com)

Tactical Athlete is now called REBOUND

Have aches, pains, or a possible injury? Call Rebound to help expedite your orthopedic care. You can call for yourself and/or any family member.

Call 1-800-781-2320



CONCIERGE INJURY RECOVERY

The best doctors. Expedited appointments. Support at every step.

Some great nutrition advice for to remember over the Holidays...

**EAT SLOWLY AND
STOP WHEN YOU
ARE 80% FULL**

The brain is always behind the stomach in signaling that we are full. Eat slowly to allow your body to signal the brain.