



## FITNESS TIPS AND RESOURCES

Helping First Responders perform better on and off the job.

Powered by: Fire Rescue Fitness

*Fire Rescue Fitness created this newsletter for you and your crew with links to fitness tips and resources that can help improve performance, reduce injuries, and prolong your career. Please share the content and [contact FRF](#) with any comments, suggestions, or questions.*

## Are YOU Ready for the Challenge?



FRF just launched a new program and CHALLENGE for first responders. The FRF 40-day Resilience CHALLENGE is the most comprehensive fitness and wellness program FRF has ever created. This program is now available on the NEW FRF App platform and includes workouts, nutrition guides, coaching, motivation and exercises on mental health and stress management. The new FRF App platform is more user-friendly and can be accessed via desktop, tablet and mobile. The CHALLENGE offers various levels of commitment to accommodate all levels of fitness. Now is the time to GET FRF. Join the CHALLENGE for 22% off with code FRFIN22

*The program is now live!* [Click here to get started!](#)

## How First Responders Can Improve Resilience with Fitness and Nutrition



This informative article from FireRescue1.com explains how eating healthy and staying fit makes you a happier person and a more resilient first responder. [Click here to start improving your resilience.](#)

# Get Better Sleep at the Station

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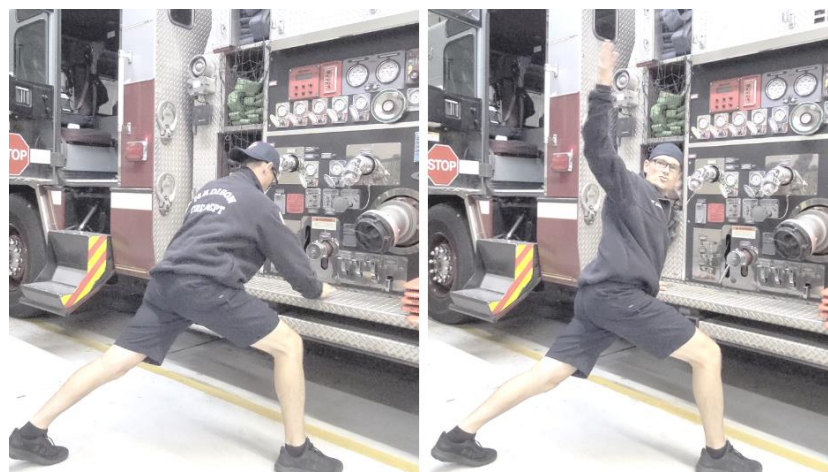


Sleep deprivation, fatigue, and decreased alertness among first responders are problems receiving significant attention in the fire service media, and rightly so. Studies have identified some of the key implications of sleep deprivation and sleep disorders, and they are sobering. One issue many responders face is trying to get quality sleep while at the station. There are many alterations that can be made to the physical space that will allow you and your crew to get better sleep on nights when the calls slow down.

[Click here to discover how you can sleep better at the station.](#)

## Get Moving. A 1-Minute Routine to Help Firefighters Reduce Pain and Stiffness

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How many times have you felt tight or sore going into a shift or workout? It is quite common for most first responders. Lack of sleep, stressful shifts and carrying heavy equipment can leave your muscles tense and achy. This increased muscle tension then leads to pain in your joints. If you continue this cycle of beating on your body, you may experience injuries.

The good news: There are simple things you can do to help alleviate those aches and pains and keep your body moving and functioning properly. [Click here for a quick and effective “mobility” routine that will improve performance and relieve pain.](#)

# Five Easy Ways to Reduce Sugar in Your Diet

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Resolve to reduce your sugar intake this year. Sugar has been linked to a wide variety of health issues including obesity and diabetes. Unfortunately, sugars are found in a lot of common foods found around most households (and firehouses). Never fear, these 5 tips from FRF will help you control that sweat tooth and manage your sugar intake. [Click here to discover 5 easy ways to reduce your sugar intake.](#)

## Functional Exercises for First Responders- What is Suspension Training?

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As fire rescue athletes, we need functional strength in all planes of motion and on unstable ground. One of the best fitness tools that match that need is suspension trainers. There are a handful of suspension training systems on the market, the best known of which is the TRX system. The TRX was invented by a former Navy SEAL to help his teammates exercise when deployed. TRX (suspension trainers) are a versatile piece of equipment, they do not take up a lot of space and can be used by all levels of fitness. If your station or department does not have one, you can easily create a similar system with some webbing and handles. Integrate some of these movements into your next workout. [Click here to read more about suspension training for first responders.](#)

# Drill Report- Fueling up: What to Eat and Drink During Firefighter Rehab Operations

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This is a great resource to review with your crew. For most firefighters, rehab is something we do to help us recover and be ready to respond to the next emergency. We probably do not think a lot about it. But like every operation on the fireground, the quality of rehab matters, especially when it comes to the food and drink selections made by crews. Review the article and highlight any pertinent SOGs relating to the important aspects of incident rehab—beginning even before the incident occurs.

[Click here to review the article and the research.](#)

## The 21 Reasons Every Firefighter Needs to Exercise

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**21 REASONS FIREFIGHTERS NEED TO EXERCISE**

- #1. Because you can!
- #2. Reduces blood pressure.
- #3. Builds aerobic power.
- #4. Reduces body fat and regulates weight.
- #5. Lowers Type 2 diabetes risk.
- #6: To lower blood pressure and cholesterol levels.
- #7. Boosts immunity.
- #8. Improves your mood.
- #9: To feel ...better.
- #10 To alleviate pain.
- #11. Boosts your energy.
- #12. Improves sleep.
- #13. Improves sex life.
- #14. Boosts memory.
- #15. Builds intelligence.
- #16. Lowers anxiety.
- #17. Builds strength and muscle.
- #18. Improves self-confidence on and off the fire/rescue scene.
- #19. You'll Get More Done.
- #20. To feel young.
- #21. It reduces the chances of cancer!

Courtesy of [www.FireRescueFitness.com](http://www.FireRescueFitness.com)

Exercise is the best weapon first responders have against the plethora of health issues facing the fire service. As a first responder, you need to face the fact that exercise and good health are essential for performance and career longevity. Here is the proof! [Click Here to discover the 21 reasons that confirm why every first responder needs to consistently exercise.](#)

# The NEW FRF App- The Platform is live with the NEW 40-day CHALLENGE

## NEW APP PLATFORM

THE CHALLENGE ENTRY INCLUDES ACCESS TO THE  
NEW FIRE RESCUE FITNESS APP AND PLATFORM



LOG WORKOUTS AND TRACK YOUR PROGRESS ON  
ANY PLATFORM (MOBILE AND/OR DESKTOP)

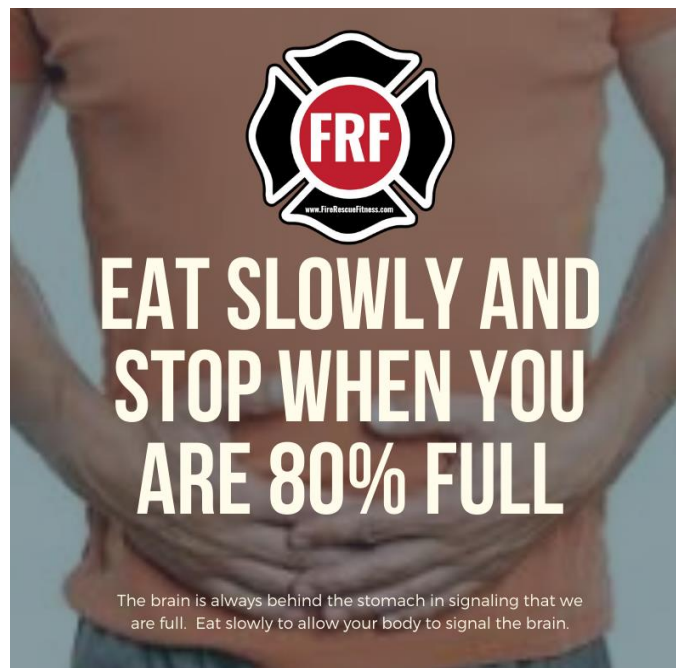


YES, the rumors are true! FRF now has its very own app. Currently the FRF 40-day Challenge is the only program on the new platform. All other programs will be moved over to the new platform over the next few weeks. I will be sending email with links and instructions on how to get on the new platform.

All the programs are being updated to the new platform by adding alternative exercises, new videos and updated resources. If it has been more than a year or so since you have used your program, it is time to see the latest changes. Get started with the new 40-day Challenge Workout. GET 22% off with code FRFIN22

[Click here to get started!](#)

*Some great nutrition advice for EVERYONE to remember...*



[Click here to read a great article behind the science of this great fitness tip.](#)

# How Exercise Improves Immunity

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We all know it is important to exercise, but sometimes we lose sight of one of the most significant benefits of working out—its ability to improve our immunity. For firefighters, who are at greater risk of exposure to COVID-19 and the flu, this is a critical benefit. This post shares 4 ways regular exercise improves immunity, from promoting the flow of lymph fluid to flushing toxins and preventing the growth of bacteria. And let us not forget that exercise reduces stress, which can contribute to inflammation and poor health. [\(Click here to discover how to boost your immunity\).](#)

## BEGINNER YOGA ROUTINE FOR FIRST RESPONDERS

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The 4-letter word never spoken in the firehouse...yet it should be! Yep Yoga. Here is an easy and fun way to integrate some yoga into your fitness routine. This 10-minute routine can help with your mental health, mobility, and energy. Whether you are young or old, overweight, or fit, yoga has the power to calm the mind and strengthen the body all things we as first responders need now more than ever.

[Click here to try this great routine.](#)

# Start Talking About Cancer

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Firefighting is a dangerous profession, and a growing body of research and data shows the contributions that job-related exposures have in chronic illnesses, such as cancer and heart disease. The National Institute for Occupational Safety and Health (NIOSH) recently undertook two large studies focused on firefighter cancer and concluded that firefighters face a 9 percent increase in cancer diagnoses, and a 14 percent increase in cancer-related deaths, compared to the general population in the U.S. One way to improve chances of survival of cancer is early detection.

Would you recognize a cancer symptom? Cancer often first reveals itself as a subtle and persistent change to your normal health. Knowing how to identify these changes can lead to earlier diagnosis, more effective treatment, and saved lives. [Click HERE for a great resource that explains how to detect the early signs of cancer.](#)

## Be Mobile- Start Your Next Shift with This

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A tradition of the fire service is to check your gear and apparatus to make sure that it is functioning properly. You also exercise all the equipment that is on the engine and truck to make sure that it, too, is functioning. This might include starting and warming up saws, engaging the pump and turning on various EMS equipment.

Do you do the same for your body and your muscles? You should! [Click here for 3 movements every first responder should do before a shift.](#)

# FRF Functional Exercise

## Overhead DB Lunge



**Exercise overview:** This is a great exercise to work both upper body and lower body strength along with shoulder stabilization and balance. This exercise can be used as a strength exercise or added as an option for an afterburner.

**Muscle Groups Involved:** Core, shoulders, legs, and glutes

**Coaching Tips:** Hold a dumbbell in your right hand and it above your head. Keep your arm as straight as possible through the movement. Step forward with your left foot, lowering until the top of your thigh is parallel to the floor. Push off your left foot to stand. Repeat on the other leg. Keep your head and chest back, maintaining good posture. Control the motion and go slowly. Repeat as directed by your [FRF workout](#) and your level of fitness.

[Click here for a video demonstration of this exercise](#)

*A little motivation...*



*FRF is on a mission to help 100,000 firefighters, EMT's and medics improve their health and fitness. For inquiries on resources and programming please [click here](#) to contact Fire Rescue Fitness (Aaron Zamzow).*