



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.

The Best Time to Work on Your Fitness?



The stress we face as first responders is greater than ever. You must, as a dedicated first responder, commit to managing stress and health. This is easier said than done at times. Often, I hear first responders putting off their fitness, waiting for the best time to get started. After this next holiday, after the promotional process, after the kids go back to school... Sound familiar? Are you waiting for the “perfect time” to start eating better, to start working out, to improve your mobility, or to finally gain control of your health? [Click here to discover how to get motivated to improve your fitness!](#)

All FRF Programs are 50% OFF



Now is the perfect time to upgrade your workout program! All FRF programs are 50% off through March. Get access to the new FRF app along with all the new resources (eating guides, motivation, coaching). [Click here to get your next FRF program. Use code: FRFAGAIN50](#)

The FRF Briefing -Spring 2022

Improve your Core Strength and Limit Back Pain



Back pain sucks! As a first responder you are very likely to experience some type of back strain or pain at some point in your career. A strong core and proper fitness can minimize your chances of injury and keep you performing well on (and off) the fireground. What is the best way to strengthen your core? FRF just posted three exercises that can dramatically improve your core strength and reduce back pain.

[Click here to discover three exercises that can improve your core strength.](#)

Get Moving. This 1-Minute Routine Will Help Firefighters Reduce Pain and Stiffness



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.](#)

The Five Steps Every First Responder Must Take to Improve Their Fitness in 2022



We all want to (or should) improve our health and fitness. Year after year it is the most popular resolution. As a first responder, you should always strive to improve your health and fitness and/or maintain it. If you don't believe me, pick up any trade journal and read the health and wellness research. We as first responders have higher rates of cancers, obesity, diabetes, heart conditions, and injuries than the general population. We all need to understand that we need to take care of ourselves so we can better serve others. [Click here to reveal the 5 steps you need to take to improve your fitness this year.](#)

Functional Exercises for First Responders- What is Suspension Training?



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.](#)

How to Reduce Sugars in Your Diet

10 REASONS FIRST RESPONDERS NEED TO REDUCE SUGAR INTAKE



Control sugar addiction

Sugar can be addictive and it may trigger brain neurochemical alterations.



Healthier skin

Too much sugar can lead to yeast overgrowth, inflammation and hormone imbalance, all of which can lead to dry skin, acne, eczema, and other skin conditions.



Decreased risk of heart illnesses

The research investigated that people who consumed 25% of their daily calories from added sugar were twice as likely to die from heart disease as those who consumed less than 10%.



Restore the gut flora

Sugar is one of the foods that irritates and inflames the lining of your intestines and stomach. It could cause stomach discomfort, acid reflux, bloating, and uneasy bowel motions.



Lessen the risk of cancer

Excessive insulin levels are linked to an increased risk of cancer.



Strengthening body's immunity

Sugar triggers inflammation, and there's a lot of evidence that it impairs the immune system.



Decrease chances of obesity

Sugary beverages and snacks contribute empty calories to your diet, leading to additional (empty) calories being consumed.



Decelerate the aging process

Sugar (glucose) restriction will lengthen life and reduce aging-related symptoms.



Prevent diabetes

Insulin is required to transport sugar from the bloodstream to the muscle, where it is burnt for energy. You can develop insulin resistance and type 2 diabetes if you consume too much sugar.

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.](#)

The Top Five Fitness Apps for First Responders



We, as first responders (firefighters, EMTs, and medics) face many challenges and stress. A continued exposure to stress can take a toll on our physical and mental health, making it imperative that we find ways to continually manage our physical and mental health. One way is to embrace technology and find apps and platforms that can help. In today's world, there are countless fitness apps to choose from. So, which ones should you download if you're a first responder?

[Click here to discover the best fitness apps for first responders.](#)

Stay Motivated...



[Click here to read Fitness Motivation for First Responders- How to Stay Motivated and Positive....](#)

How Exercise Improves Immunity



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



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



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



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).