

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.

FRF Black Friday Deal! Get Access to Every FRF Program for only \$36.



For the first time ever, I decided to run a "Black Friday" special offer. It almost sounds too good to be true! There is no typo, you can get access to the FRF Foundations, Hero X, Ultimate I and II, FRF Fat Loss, Super Strong, the 28-day Catalyst, and the NEW Hero X (2.0) Workout (coming soon). And it also includes discounts for any FRF apparel and Challenges.

HURRY, the offer expires December 18th.

Click here to get ALL Access

Get "Better Every Shift."



FireRescue1 launches Better Every Shift podcast hosted by Firefighter Aaron Zamzow, the show spotlights the passion and perseverance of firefighters and how they can strive to be better every call, every day, every shift. Check out the first show with Chief Frank Leeb from FDNY as he gives some great insight and motivation on how to improve every day. Click here to listen to the show.

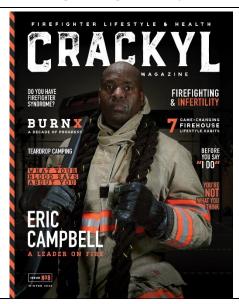
A Firefighters Guide to Annual Medicals



The First Responder Center for Excellence has teamed with the International Association of Fire Chiefs (IAFC), the Health, Safety and Survival Section of the IAFC, the International Association of Fire Fighters and the National Volunteer Fire Council to create a guide for the physician (provider) of fire and EMS personnel to assist in annual physicals. We as first responders face unique exposures that medical providers must be aware of to be considered in conjunction with personal and family history risk factors. The guide is available for free to download and disseminate.

Click here to download and read the guide.

A New Magazine for Firefighters- What is CRACKYL?



What is Crackyl Magazine? CRACKYL Magazine is a publication dedicated to the well-being of firefighters across North America and beyond, providing relatable and applicable content covering our pillars: health, lifestyle, finances, stress, fitness & nutrition, relationships, and more. Members of the FRF nation can get a FREE digital subscription by CLICKING HERE.

Start Your Next Shift with this 1-Minute Mobility Routine.

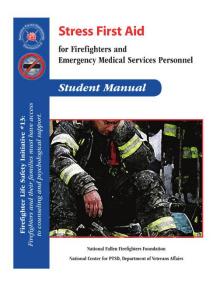


How many times have you felt tight or sore going into a shift or workout? It is quite common for most first responders. Lack of sleep, stressful shifts and carrying heavy equipment can leave your muscles tense and achy. This increased muscle tension then leads to pain in your joints. If you continue 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 one-minute mobility routine that will help you move and feel better.

Crew Drill- Stress First Aid

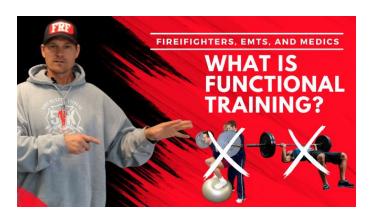




We as first responders are faced with a myriad of stressors that go beyond what the general population may experience. The effects of these stress events can factor into behavioral health issues, such as post-traumatic stress disorder, substance abuse and depression. Stress First Aid (SFA), address the unique stressors related to first responders and build on our strength, including a sense of belonging, support from one another and a strong sense of purpose. SFA is a flexible set of tools that emphasizes the importance of continuously monitoring our own stress and that of our fellow crew members, to quickly recognize and appropriately help individuals who are reacting to stress and need interventions to promote healing. Unlike other acute stress management procedures, SFA was designed specifically to support firefighters and EMS personnel.

Click here to get the Stress First Aid Tools and register for the FREE online training.

Defining Functional Training for Firefighters



What makes an exercise "functional" for firefighters, EMTs, and medics? In order to answer this question, we must first define what functional training means. The definitions can be varied and broad and often the term functional training is abused and over-used. This post and video from FRF give a great definition and some exercises that will help you train more functionally for the job.

Click here to start training more functionally for the job

Essential Holiday Fitness Tips



As the Holidays approach our stress levels rise, as do the numbers on the scale and our waistlines. For most of us as first responders, the holiday season means long shifts, lots of baked goods around the house (and firehouse), and reasons to put off our fitness until the next year. The good news is that it can actually be easy to stay on track with your nutrition and fitness during the holidays just follow these six simple tips.

Click here to discover the Essential Holiday Fitness Tips for First Responders.

FRF Exercise- ½ Kneeling DB Press



Exercise overview: The single-arm half-kneeling shoulder press is a great exercise to develop strength and stability in the shoulder core and hips. Balance can be a challenge, which is one reason this movement is generally trained lighter than a traditional shoulder press.

<u>Coaching Tips:</u> Grab a dumbbell or a kettlebell and drop down to a half-kneeling position on the floor. Move the DB or KB to your shoulder, using both hands if necessary. Keep your head up, shoulders back, and your spine neutral. Extend the arm, flexing and abducting the shoulder to rotate the arm as you press above your head. Pause at the top of the motion before reversing the movement to return to the starting position. Watch your posture and maintain control through the entire rep. Repeat as directed by your <u>FRF workout</u> and your level of fitness. Perform each rep with control.

Click here for a video demonstration of this exercise

Five Easy Ways to Reduce Sugar in Your Diet



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), especially around the holidays. Never fear, these five tips from FRF will help you control that sweat tooth and manage your sugar intake.

Click here to discover five easy ways to reduce your sugar intake.

Giving Back: 17 First Responder Charities and Organizations



It is the season for giving. And where better to share the love than with first responder charities. When making a donation, be aware that there are scams. A good tip for donating is to never give over the phone and, when in doubt, give locally.

In addition, if you would like to learn more about a charity you are interested in supporting, you can get information such as program expense ratios or see lists of achievements at CharityNavigator.org or GuideStar.org. Here's a list of 17 first responder specific charities (CLICK HERE FOR THE LIST). Tis the season for giving.

Some great nutrition advice for EVERYONE to remember during the Holdays...



Enjoy the Holidays, Be Grateful, Be Present and Be Kind. THANKS FOR SUPPORTING FRF.

-AARON ZAMZOW

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 <u>click here</u> to contact Fire Rescue Fitness (Aaron Zamzow).