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HEALTH & WELLNESS SYMPOSIUM

HOW CAN WE IMPROVE THE PEER FITNESS MODEL?

Presented by:

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Host- Better Every Shift Podcast

Author- Firehouse Magazine, Lexipol, FR1



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HOW CAN WE IMPROVE THE PEER FITNESS MODEL?

Aaron Zamzow (ZAM)

- Firefighter and Training Officer for the City of Madison, WI Fire Department. Firefighter/ EMT for over 20 years.
- Certified (NASM, Ace – Peer Fitness, NSCA – CSCS, PN1) and degreed Personal Fitness Trainer with 30 years experience.
- Trained with elite athletes for the NBA, NHL, and NFL
- Better Every Shift Podcast
- Owner of Fire Rescue Fitness
- Contributing Writer for Firehouse Magazine (Expo and World), Lexipol, FR1...
- Thank YOU! www.FireRescueFitness.com/fdsoa



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Who are you?

- Firefighters?
- Medics?
- Chiefs/ Captains?
- Peer Team Leaders?
- Tasked with creating a team?



Please ask questions...



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What we want to learn today?

- Why use a Peer Fitness Model?
- Steps to creating a “successful” Peer Fitness Team
 - Recruit a team
 - Educate
 - Set goals
 - Create team accountability
 - Create Resources for the members
 - Repeat
- Q and A



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Why use a peer fitness model?

A peer-led exercise program is one way to empower people sharing similar characteristics to encourage others to be active.

- Competition and camaraderie are strong motivators for the fire service.
- Peer-based exercise sessions may improve exercise adherence, shift cohesion, and create a sense of accountability.



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Why use a peer fitness model?

- Peer fitness teams can create workouts and coaching.
- Because peers are firefighters, they are more likely to be requested than an outsider when assistance is needed.
- Peer fitness teams can more easily visit crews on shifts and be welcomed into the firehouse.
- Peer fitness teams can develop and vet resources that their firefighters can trust.



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CREATING A PEER FITNESS TEAM

1. Recruit a team

- Find members that are good examples
- Must be approachable
- Must be committed
- Background?

Three “great” members are better than ten “ok” members.



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CREATING A PEER FITNESS TEAM

2. Educate Your Team

- F2T -IAFF/IAFC Fire Service Joint Labor Management Wellness-Fitness Initiative (WFI).
- Tactical Strength and Conditioning Facilitator® (TSAC-F®) through the NSCA.
- NASM – Certified Personal Trainer Certification
- ACE- Personal Trainer



Education cannot stop after the certification.
There must be a budget for continuing education.



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CREATING A PEER FITNESS TEAM

Can we all agree...

The main goal of a firefighter, EMT and/or medics workout should be to improve performance (fireground movements), reduce injuries and promote career longevity?



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CREATING A PEER FITNESS TEAM

Common Components to Effective Workouts

- 1. Have a Plan**
- 2. You MUST work your Core**
- 3. Have Some Heart- cardio/ intervals**
- 4. Be Full-body Functional**
- 5. Warm-up and Be Flexible (foam rollers)**
- 6. WE MUST Recover- (nutrition, sleep, yoga)**



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CREATING A PEER FITNESS TEAM

3. Setting Team Goals

- Create a team mission
- Quarterly meetings and resources
- Meet with every member (assessment)
- Group workouts
- Department workshop or webinar
- Train for events
- Surveys



Talk with all parties involved and get input from members.



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4. Create Accountability

- Attendance at meetings and events
- Equipment maintenance
- Resource and workout creations
- Member Interactions (MI)- any contact or action that promotes the mission of the team (equipment maintenance, resource creation, discussions with members).
 - Track them quarterly.

Create job descriptions that lists all expectations.

Liss-Tactical Fitness Team Interactions 1st Q 2022

1 h-12/30/2021-Jessie Bowden: discussed the state of the Tactical Fitness Team and program and where it is going in the future; discussed individualized fitness programming, recovery, and rehabilitation; discussed cold thermogenesis and how to properly incorporate into a health and wellness routine

0.5 h-1/4/2022-Desmond Leidich and Larry Moen: discussed the Tactical Fitness Team and program along with fitness equipment and acquisition for the stations; discussed cold thermogenesis and how Leidich had begun incorporating it into his daily routine

0.5 h-1/11/2022-Bree Bower: discussed injury rehab and resources/ways to accomplish this

0.5h-2/1/2022-Desmond Leidich: Nutrition/supplements and timing

0.5h-2/4/2022-Larry Moen: Home body weight workouts and injury rehab

0.5h-2/5/2022-Recruit Brandon Schultz: health and wellness throughout fire academy training

1h-2/6/2022-Jessie Bowden and Devin Rogers: Tactical Fitness Team Newsletter as a resource; modification to exercises while injured; potential accessibility to Basecamp Bootcamp for MFD members; mental wellness options through different apps and local resources



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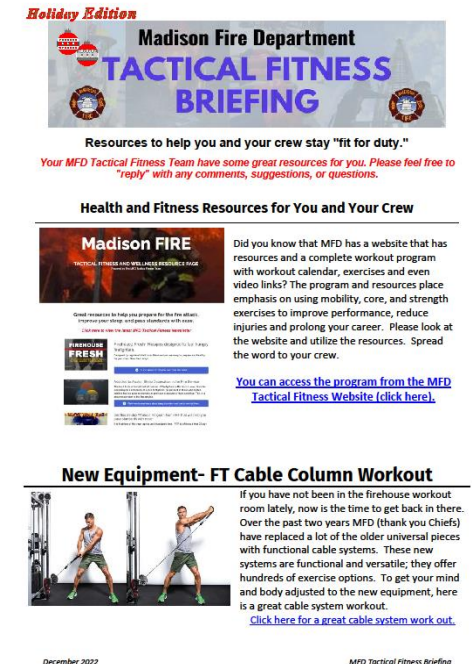
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CREATING A PEER FITNESS TEAM

5. Create Resources that support common components.

- Workouts
- Newsletters
- Webinars



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CREATING A PEER FITNESS TEAM

6. REPEAT!

- Evaluate goals and team every year
- Survey members



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Thanks for attending!

Now is the time to make a positive
change in our industry.

Create your team, educate
them and your members,
and do not give up!

Stay Safe and FRF
-Aaron Zamzow



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Top 10 Things Fit Firefighters Do!

1. Train Functionally at least 3-4 times per week (consistently)
2. Hydrate- with water. Watch alcohol and energy drinks.
3. Always get your Annual Medicals and cancer screens. And assess your level of fitness. (assess fitness level)
4. Eat according to their goals. Eat real foods and lots of fruits and vegetables.
5. Focus on sleep (value sleep).
6. Educate - understand their risks (stress first aid).
7. Clean gear 2x per year and after incidents (includes helmet liner and hood).
8. Work on their Emotional Resilience (build resilience). Connect with people!
9. Wear SCBA during overhaul and dumpster/ auto fires.
10. Get Better Every Shift- They practice an attitude of gratitude and focus on making yourself and those around you inspired to improve health, knowledge, and impact.



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**“Being a fire rescue athlete is a state of mind,
which is not bound by age, rank, or situation.
You must be physically and mentally ready to
perform regardless of your playing field.”**

--Aaron "ZAM" Zamzow



**YOU DON'T
HAVE TO BE
EXTREME,
JUST BE
CONSISTENT**

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**EVERY DAY IS
ANOTHER CHANCE
TO GET STRONGER
TO EAT BETTER
TO LIVE HEALTHIER
AND TO BE THE
BEST VERSION OF YOU**

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Resources

Fourth needs assessment of the U.S. fire service. Quincy, MA: National Fire Protection Association, 2016.

Lovejoy, S, Gillespie, GL, and Christianson, J. Exploring physical health in a sample of firefighters. *Workplace Health and Safety* 63(6): 253-258, 2015.

Mabry, L, Elliot, DL, MacKinnon, DP, Thoemmes, F, and Kuehl, KS. Understanding the durability of a fire department wellness program. *American Journal of Health Behavior* 37(5): 693-702, 2013.



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