



HELPING YOU AND YOUR CREW STAY FIT, HEALTHY, AND READY

Fire Rescue Fitness and the Lowell Fire Department to provide you with several resources designed to improve health and fitness.

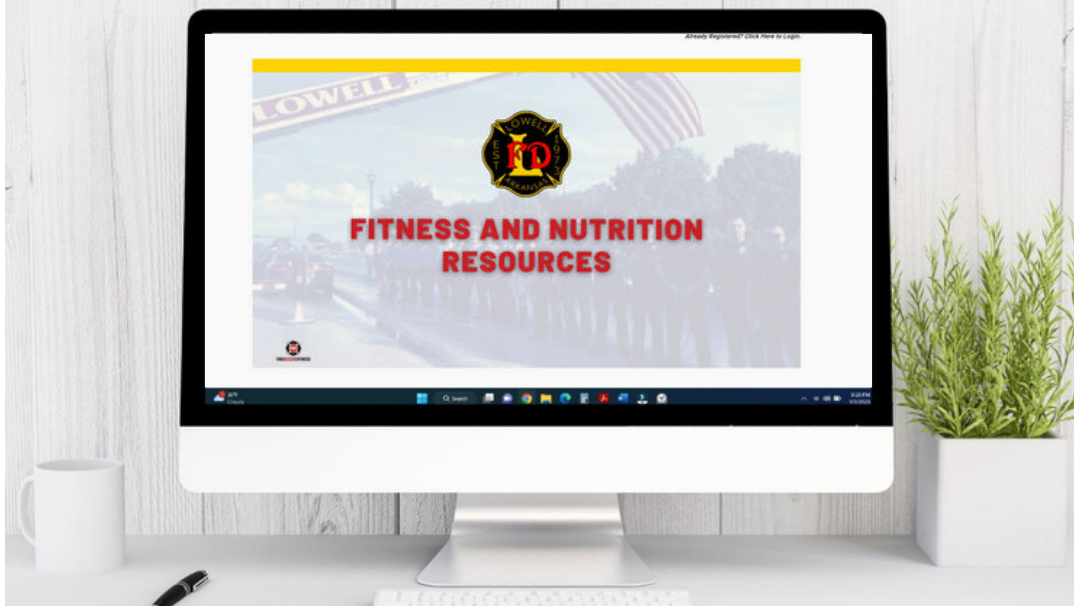
In this program, you will find workouts that will build your fitness foundation, add strength, reduce injuries, and improve your overall physical health.

These offerings are catered specifically for firefighters and their demanding jobs and schedules. The workouts can be performed at home, the gym, and/or the firehouse.

How to sign up for the LFD/ FRF Program

Step #1: Go to the LFD/ FRF Wellness program website.

The address is: <https://fire rescuefitness.com/LowellFire>



Step #2: Scroll down and click on the yellow “Started” button.

of your physical fitness. The workouts are designed to improve mobility and performance and can be performed in the gym, at home, and/or the firehouse. Discover how you can add strength, burn calories, and incorporate more functional fireground movements into your workouts.

includes some simple steps to help you clean up your nutrition. Learn how to make healthy choices to help fuel your body and mind to meet the demands of the job. These are the same guidelines that thousands of first responders have used to lose weight and gain control of their health.

workouts and resources on mobile, tablet, and/or desktop. You can track all your workouts, send messages to the program creator (ZAM) and also download and view PDFs of all the workouts and guides.

JOIN THE PROGRAM!

CLICK THE LINK BELOW TO JOIN THE FIREFIGHTER FUNCTIONAL FITNESS PROGRAM PROVIDED COURTESY OF **LOWELL FD** AND CREATED BY FIRE RESCUE FITNESS.

After You Click The Link, You Are Asked To Create A Profile And Login Password.

✓ CLICK HERE TO GET STARTED

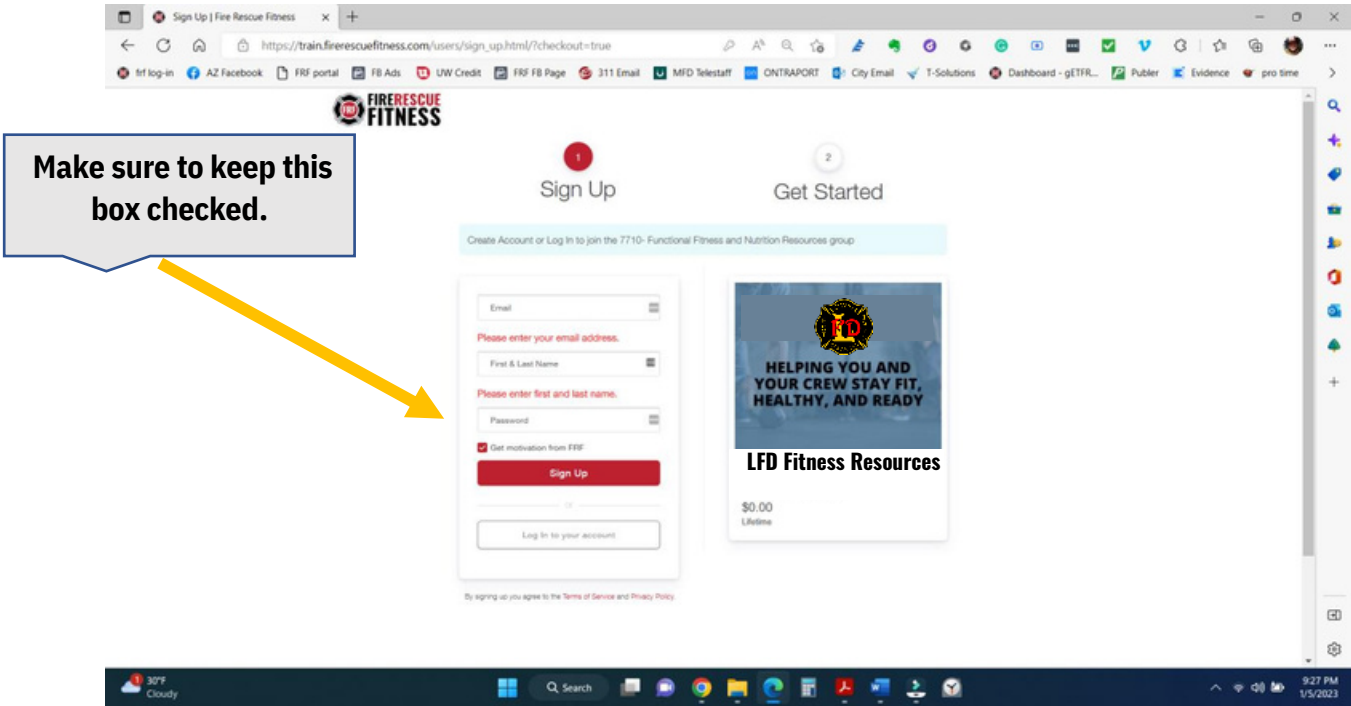
Already Registered? Click Here to Login.

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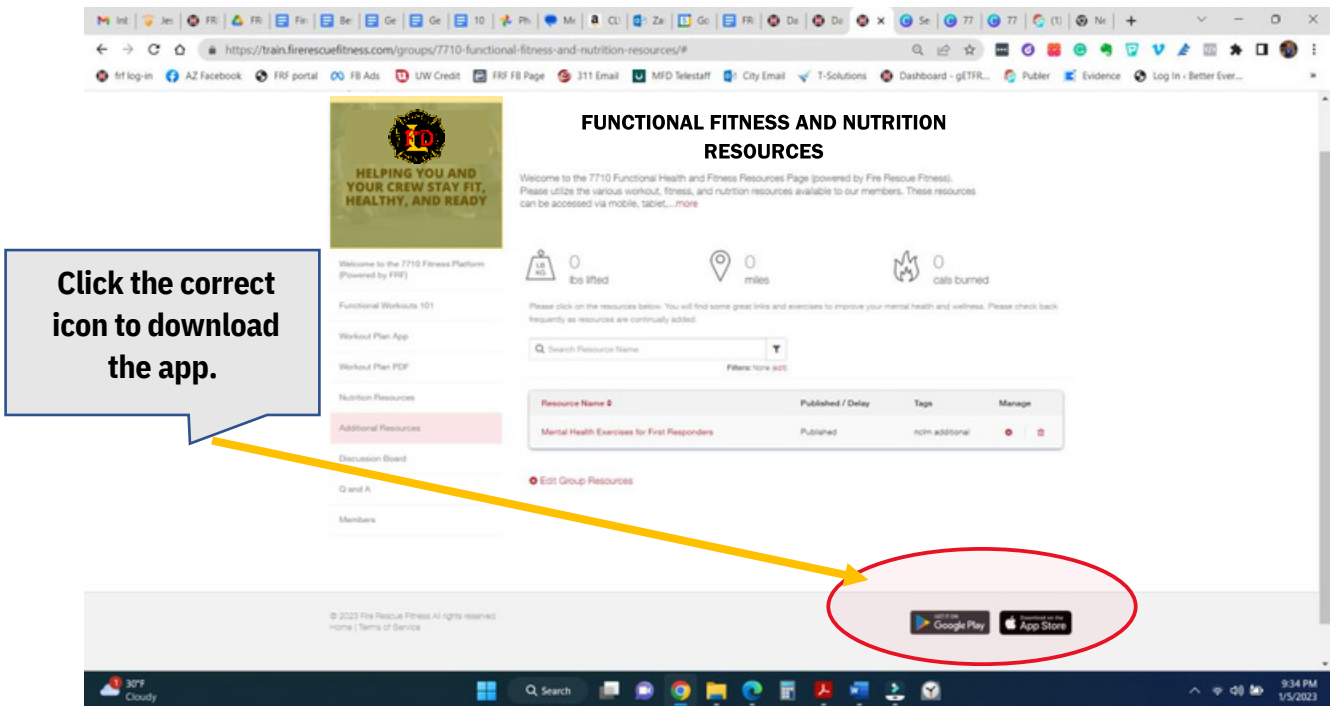
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How to sign up for the LFD/ FRF Program

Step #3: Fill out the email, name, and create a password. Then click “sign-up.”

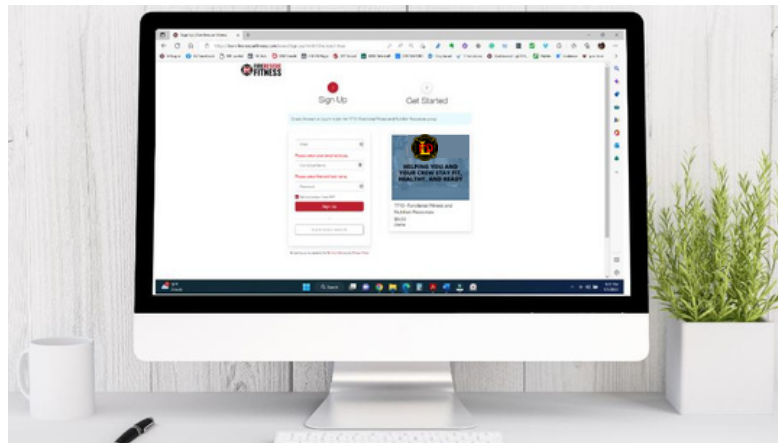


Step #4: Click on the links for android or apple to download the app.



How to sign up for the LFD/ FRF Program

Step #5: Log in using the credentials you created in Step #3. You can access the resources from your mobile phone/ tablet and/or your computer. Make sure to explore all the resources available and take steps to get “Fire Rescue Fit.”



Please contact Zam (zam@firerescuefitness.com) with any questions.

