

The Foundation: Health & Performance



Meet Your Panel

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Who ARE You?

- **Firefighter**
- **Captain/ Officer**
- **Chief**
- **Researcher**
- **Where are you from...**
- **What do you want to learn...**

What is the Formula for Optimal Health and Performance?

- **Start with the “Right” people.**
- **Educate and Assess through their career.**
- **Focus on the Pillars of Health.**
- **Accountability.**

The Right People

- **Hiring the right people**
 - Where are you looking?
 - How do we test our new recruits
 - **EDUCATION!**
 - What are we teaching about performance in our academies.



Capable of Performing

NPFA 1500 - “The fire department shall develop physical performance requirements for candidates and members who engage in emergency operations. Members who engage in emergency operations shall be annually qualified as meeting the physical performance requirements established by the fire department. Members who do not meet the required level of physical performance shall not be permitted to engage in emergency operations.

Members who are unable to meet the physical performance requirements shall enter a physical performance rehabilitation program to facilitate progress in attaining a level of performance commensurate with the individual’s assigned duties and responsibilities.”

Capable of Performing-Assessments

- CPAT vs FPAT (recruit vs incumbent testing)
 - Should it be the same test for both?
 - Age/gender standards?
 - Incentives offered for better performance?
- The FPAT
 - The objective of fitness standards isn't to fire people who are unable to pass a test, but rather to help identify areas that may need improvement.
 - FPAT Tasks
 - What and why?
 - Is the order of tasks important?



What do we want “them” to know?

- Education through a career.
 - What are we teaching in our academies.
 - Are there resources for current members.
 - Is there a remedial education plan for current members.
- Fitness Teams
 - PFT/F2T certified trainers
 - Physical Therapists?
 - Nutritionists?



The Pillars of Performance

- Focus on the Pillars
 - F = Fitness
 - I = Intelligence/ Inspiration
 - R = Relationships
 - E = Eating (healthy
 - S = Sleep and recovery
- Does the culture support the pillars?



What does it mean to be healthy?

- Fit or not fit: Shredded, works out 2 times per day, drinks 2 energy drinks per day, and needs alcohol to sleep...
- Fit or not fit: Workout 3 times per week, 10-15 pounds overweight, eats healthy, practices mindfulness...



**Health is a confluence of factors
that work together.**



Are We Fit for Duty?

- **Accountability**
 - What is required for active duty?
 - Performance Standards
 - Annual Medicals
 - Cancer Screens
 - Counseling
 - Financial Counseling
- **Policy**
 - Mandatory
 - Tiered approach
 - None...



or



Let's Talk

- Who is doing things in this area that are successes?
- What's working well?
- Where do we need to go next on research or practice?
- What questions are still outstanding?
- Where do we need more research?
- What are the next steps to make progress in this area?



Who is Doing it right?



THANK YOU

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Are you up for a challenge?

THE RESILIENT 50

On day 1 and Day 50 take pictures and fill out the assessment.

EVERY DAY FOR 50 DAYS or Start Over

- Hydrate- Half body weight in ounces of water a day
- 30 minutes of exercise (minimum)
- 10 minutes of self-improvement (read, meditate, pray)
- 8500 steps (minimum)
- Follow a diet plan (No cheat meals/ alcohol)
- Power Down 30 minutes before bed
- +1 (That one thing you know you need to do.)

**COMPLETE THE 50, GET A COIN, AND
ENTERED IN A DRAWING FOR PRIZES.**



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