



2024 Montana Fire Service  
Leadership Training Series



*Presented by:*  
**Aaron Zamzow (ZAM)**  
Lieutenant/ Training Officer, Madison Fire  
[FireRescueFitness.com](https://www.FireRescueFitness.com)

# THE HEALTHY 10:

**GUIDELINES TO BUILDING A MORE RESILIENT AND HEALTHY FIRE SERVICE**



# AARON ZAMZOW (ZAM)

- Lieutenant for the City of Madison 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.
- Owner of Fire Rescue Fitness
- Contributing Writer for Firehouse Magazine, Firefighter International, Lexipol, FireRescue1...
- Host of the “Better Every Shift Podcast”
- Thank YOU! [www.FireRescueFitness.com/seminar](http://www.FireRescueFitness.com/seminar)



# WHO ARE YOU?

- **Chiefs, Captains, Admin?**
- **Peer Fitness Trainers?**
- **Interested in Fitness?**
- **How many have fitness teams?**
- **What do you hope to get from today's seminar?**
  - **Please ask questions...**



# NOT YOUR NORMAL “FITNESS” SEMINAR

- No Burpees Required
- No “Bro-tein” Shakes to Drink
- No Bench Press Competitions
- All About Improving our Health!



**Wisconsin  
BEER BRATS**



# WHAT WE WANT TO LEARN

- How should we define a “HEALTHY” firefighter
- The Healthy 10
- How to apply the Healthy 10
- Next steps for YOU



# HEALTH IN THE FIRE SERVICE

- Heart attacks and strokes
  - Cancer
  - Obesity, diabetes
- Low T (low testosterone)
  - Sleep apnea
  - PTSD
  - Mental Health
    - Depression
- Musculoskeletal Injury \*\*
  - Suicide



# DEFINING RESILIENCE



## What is Resilience?

**Individual resilience involves behaviors, thoughts, and actions that promote personal wellbeing and mental health.**

**It refers to a person's ability to withstand, adapt to, and recover from adversity and stressful situations.**



# DEFINING A HEALTHY AND RESILIENT FIREFIGHTER

## 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.





# WHERE TO BEGIN



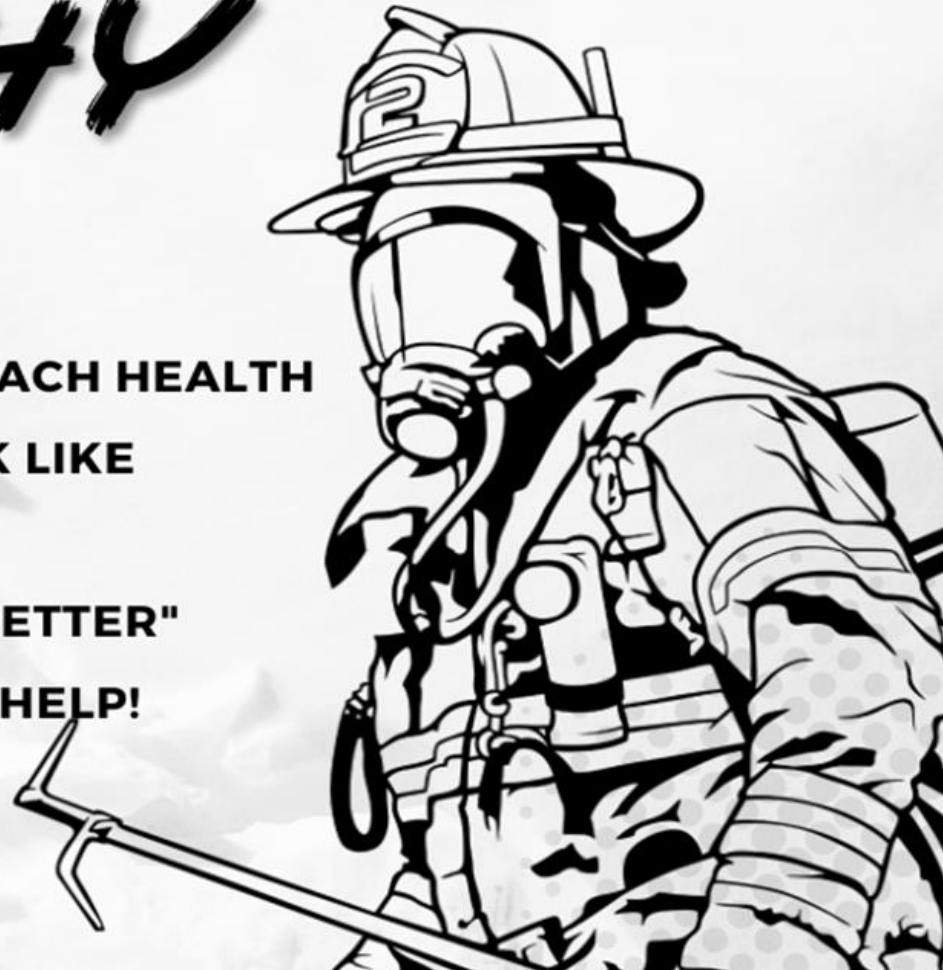
- We know we need to improve our health.
- Overwhelmed?
- Frustrated?
- How?



# DEFINE HEALTHY



- A NEW WAY TO APPROACH HEALTH
- WHAT DOES "FIT" LOOK LIKE
- THE HEALTHY 10
- A CHALLENGE TO "BE BETTER"
- WHAT YOU CAN DO TO HELP!

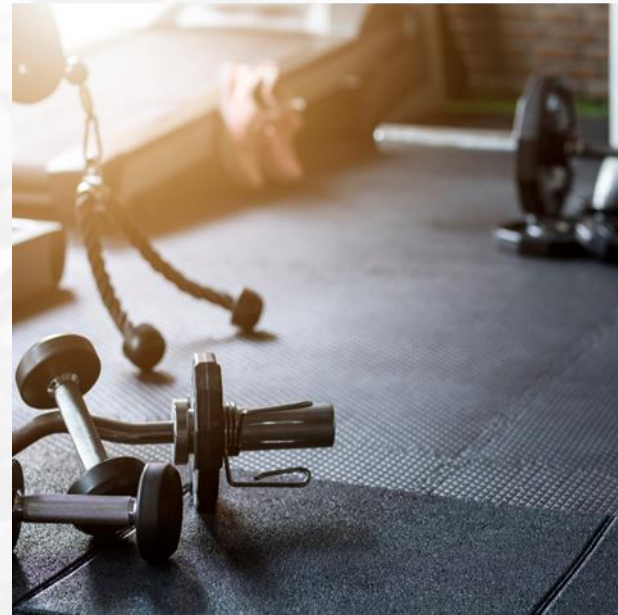


# 1. FUNCTIONAL WORKOUTS

**Define “functional”:** Training the body for the activities performed in daily life. – *Mayo Clinic*

**Fireground movements:**

- Lifting
- Crawling
- Pulling
- Hoisting
- Carrying
- Dragging
- Climbing
- Slamming (sledge)
- Core work



# #1. THE APPLICATION

- Exercise at least 3 times per week for 30-45 minutes (BE CONSISTENT)
  - Mobility exercises (at least 5 minutes)
  - Include full-body strength exercises
    - Include core movements -plank
  - Cardiovascular exercise
    - Long slow cardio
    - Intervals



Squat to Press

## 2. HYDRATE (WATER)

- Hydration can significantly reduce many of the risks associated with cardiovascular disease and ward off long-term heart failure.
- Improves performance.
- Improves cognitive function.



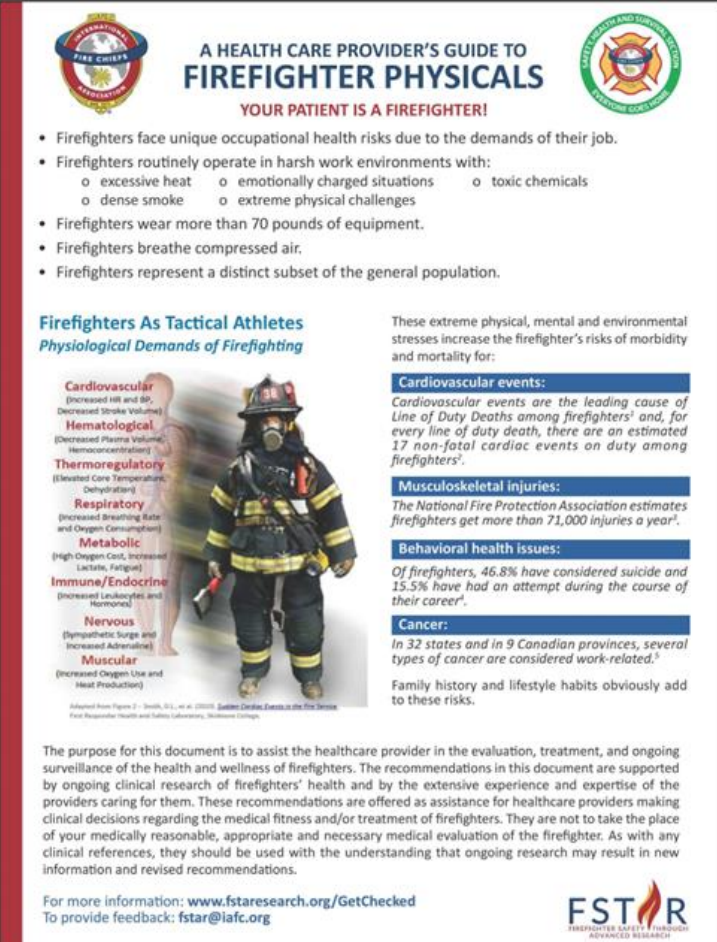
## #2. THE APPLICATION

- Aim to drink half your bodyweight in ounces of water a day.
- Do NOT Drink your calories.
- Limit energy drinks, soda, and alcohol.



# 3. ANNUAL MEDICALS AND CANCER SCREENINGS

- Firefighters are dying of heart attacks, strokes, and cancer(s)
- Know your risk and numbers each year (track through your career)



**A HEALTH CARE PROVIDER'S GUIDE TO FIREFIGHTER PHYSICALS**  
**YOUR PATIENT IS A FIREFIGHTER!**

- Firefighters face unique occupational health risks due to the demands of their job.
- Firefighters routinely operate in harsh work environments with:
  - o excessive heat
  - o emotionally charged situations
  - o toxic chemicals
  - o dense smoke
  - o extreme physical challenges
- Firefighters wear more than 70 pounds of equipment.
- Firefighters breathe compressed air.
- Firefighters represent a distinct subset of the general population.

**Firefighters As Tactical Athletes**  
*Physiological Demands of Firefighting*

**Cardiovascular**  
(Increased HR and BP, Increased Stroke Volume)

**Hematological**  
(Increased Plasma Volume, Hemocoagulation)

**Thermoregulatory**  
(Elevated Core Temperature, Dehydration)

**Respiratory**  
(Increased Breathing Rate and Oxygen Consumption)

**Metabolic**  
(High Oxygen Cost, Increased Lactate, Fatigue)

**Immune/Endocrine**  
(Increased Leukocytes and Hormones)

**Nervous**  
(Sympathetic Surge and Increased Adrenaline)

**Muscular**  
(Increased Oxygen Use and Heat Production)

These extreme physical, mental and environmental stresses increase the firefighter's risks of morbidity and mortality for:

**Cardiovascular events:**  
*Cardiovascular events are the leading cause of Line of Duty Deaths among firefighters<sup>1</sup> and, for every line of duty death, there are an estimated 17 non-fatal cardiac events on duty among firefighters<sup>2</sup>.*

**Musculoskeletal injuries:**  
*The National Fire Protection Association estimates firefighters get more than 71,000 injuries a year<sup>3</sup>.*

**Behavioral health issues:**  
*Of firefighters, 46.8% have considered suicide and 15.5% have had an attempt during the course of their career<sup>4</sup>.*

**Cancer:**  
*In 32 states and in 9 Canadian provinces, several types of cancer are considered work-related.<sup>5</sup>*

Family history and lifestyle habits obviously add to these risks.

The purpose for this document is to assist the healthcare provider in the evaluation, treatment, and ongoing surveillance of the health and wellness of firefighters. The recommendations in this document are supported by ongoing clinical research of firefighters' health and by the extensive experience and expertise of the providers caring for them. These recommendations are offered as assistance for healthcare providers making clinical decisions regarding the medical fitness and/or treatment of firefighters. They are not to take the place of your medically reasonable, appropriate and necessary medical evaluation of the firefighter. As with any clinical references, they should be used with the understanding that ongoing research may result in new information and revised recommendations.

For more information: [www.fstaresearch.org/GetChecked](http://www.fstaresearch.org/GetChecked)  
To provide feedback: [fstar@iafc.org](mailto:fstar@iafc.org)

**FSTAR**  
FIREFIGHTER SAFETY THROUGH  
ADVANCED RESEARCH



# #3. THE APPLICATION

- Do this EVERY year (birthday)!
- Educate your doctor on the demands of the job.
- Know your numbers so you can identify trends.
- Use this downloadable form to take to your doc:
  - IAFCsafety.org
  - FRCE: firstrespondercenter.org
  - 40plusfire.com

## Firefighter Annual Medical Resources

**Dear Firefighter,**

The partner document for this letter (the Provider's Guide to Firefighter Medical Evaluations) is designed to be taken to your primary care provider to let them know what unique occupational risks you face as a firefighter.

**Firefighters are at increased risk for:**

- Several types of cancers
- On-duty cardiovascular events
- Sleep disorders
- Behavioral health concerns such as:
  - ▶ depression
  - ▶ suicidal thoughts
  - ▶ anxiety
  - ▶ post-traumatic stress

**THIS IS WHERE YOU COME IN.**

Every firefighter needs to take control of their own health care and ensure their providers are aware of the physical and mental health stress common for firefighters.

The US Preventive Services Task Force (USPSTF) provides recommendations for exams and screenings for the general population. While these should be used as a baseline, they are not designed for an occupational group with increased risk. Providers should be aware of the unique exposures and consider this when weighing timing and frequency of screenings.

The attached document provides recommendations on screenings that experts in firefighter health believe are appropriate for firefighters.

**This document is not meant to be prescriptive for your primary care provider, but rather to raise his/her awareness as they weigh your occupational and personal risk factors in making clinical decisions about screenings and treatment.**

If your department has medical evaluations to clear you for duty, GREAT! However, occupational medicine/department exams are focused on clearing you for duty for your department.

**YOUR primary care provider is focused on managing YOUR health.**

If your department does NOT provide an annual exam, it is even more important for you to work with a primary care provider to ensure your health is protected.

**Provider's Guide to FIREFIGHTER MEDICAL EVALUATIONS**

Firefighting is a uniquely stressful and dangerous job that requires working in unpredictable and often toxic environments. Due to the demands, firefighters are at increased risk for job-related CANCER, MENTAL HEALTH CONCERNS, and CARDIOVASCULAR EVENTS.

While the USPSTF recommendations should be used as a baseline, they are designed for the general population and not an occupational group with increased risk. Providers should be aware of the unique exposures and consider this in conjunction with personal and family risk factors when weighing timing and frequency of screenings.

**CARDIOVASCULAR DISEASE (CVD)**  
Sudden cardiac events account for ~50% of acute duty-related death among firefighters primarily by myocardial infarction or cardiac arrest.  
Consider thorough screening and aggressively treating CVD risk factors. An ASCVD risk score can help identify firefighters who may need to initiate treatment for hypertension or dyslipidemia.  
Expert Panel Recommendation: Based on risk factors, evaluate firefighters for coronary heart disease (CHD) and structural heart changes, specifically consider:  
Coronary Artery Calcium (CAC) Scan at age 40 yrs, or earlier based on clinical judgment and risk profile  
Screening for structural heart disease including left ventricular hypertrophy, cardiac chamber enlargement, valvular abnormalities, or diastolic dysfunction using screening echocardiography in the presence of hypertension, obesity, Metabolic Syndrome or sleep apnea.

**Cardiovascular**  
Extreme physical work, >75 lb of gear, utilize an cardiovascular system

**Hematological**  
Dehydration (increased plasma volume), hemoconcentration

**Thermoregulatory**  
Elevated core temperature, dehydration, heat stress

**Respiratory**  
Increased breathing rate and oxygen consumption

**Metabolic**  
Oxygen cost (increase physical work), increased lactate, fatigue

**Immune/Endocrine**  
Increased leukocytes and hormones

**Hepatic**  
Bilirubinemia, jaundice, increased adiposity

**Renal**  
Increased oxygen use and heat production

**Psychological**  
Repeated exposures to trauma, sleep disruption, increased mental and behavioral health concerns

A large-scale autopsy review found approximately 80% of firefighters who suffered a sudden cardiac event had evidence of both coronary heart disease (50% occlusion) and a structurally enlarged heart. Only about 20% of autopsies had evidence of an arrhythmia (bradycardia, suggesting ischemic heart disease and resultant complications may be responsible for a large percentage of cardiac line of duty deaths).

Click here [bit.ly/3yX8B8A](https://bit.ly/3yX8B8A) or scan the QR code for Screening Tools, Resources & More

**Every firefighter needs to take control of their own health care and ensure their providers are aware of the physical and mental health stress common for firefighters.**



## 4. EAT ACCORDING TO YOUR GOALS

- **Food is fuel.**
- **Better fuel = better performance and health.**
- **Poor nutrition can add inflammation and stress.**



# #4. THE APPLICATION

- Eat REAL foods (read labels)
- Limit added sugars and preservatives
- Eat 5-6 servings of fruits and veggies each day (Mom)
- +1= EMS (Eat More Salad)
- ++1= Time restricted feeding (12-16 hours)



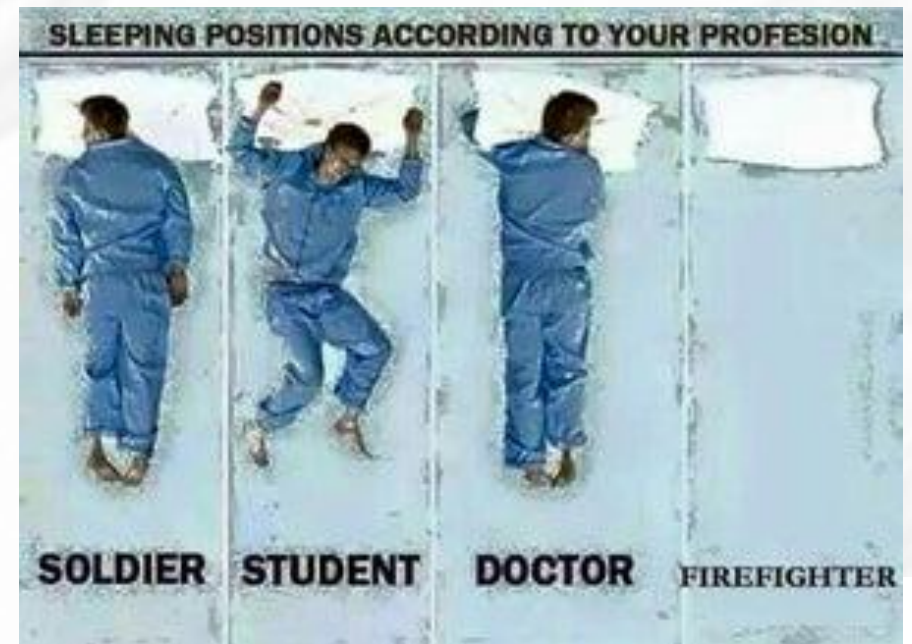
# 5. PRIORITIZE SLEEP

- **Studies show lack of sleep increases risk of countless diseases.**
- **Continued sleep deprivation lowers optimum levels.**
- **Lack of sleep can also be linked to accidents and errors.**





# #5. THE APPLICATION

- Get 7-8 hours of sleep every night.
- Take naps when sleep restricted.
- Create a peaceful space (cool, dark, quit)
- Limit screen time before bed (1-hour)
- +1= Create a PM routine



# 6. MANAGE YOUR WEIGHT AND BODY FAT PERCENTAGE

- Does your weight hinder performance?
- High body fat = higher instances of disease
- Body Fat does not lie!
  - Increased fat = decreased performance

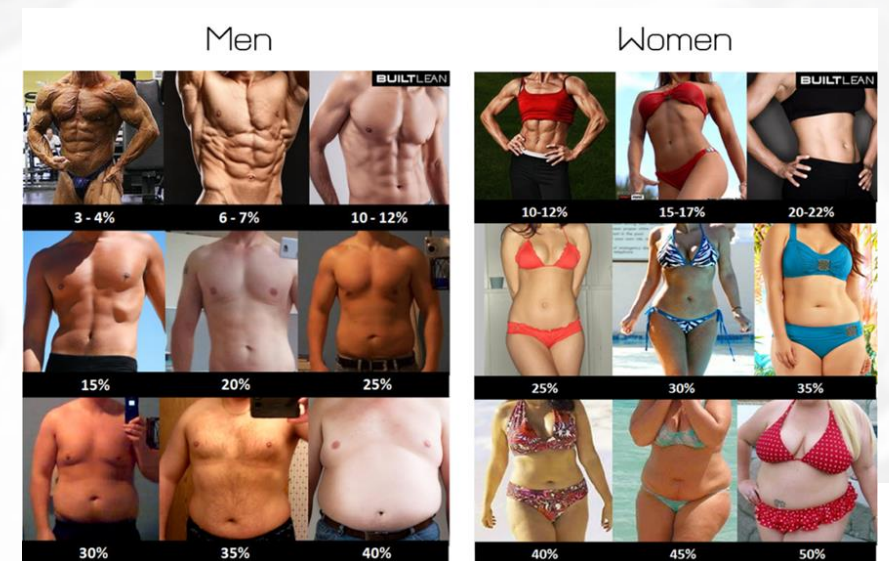
BODY SHAPE	FEATURES
 <p>Apple like shape</p>	<ul style="list-style-type: none"><li>➤ Referred as <i>central obesity</i></li><li>➤ Also called as <i>abdominal or upper body fat</i></li><li>➤ More common in men</li><li>➤ Fat stored around the organs of abdominal increases risk of some diseases. (Diabetes, high cholesterol level, high blood pressure, heart disease etc.)</li></ul>
 <p>Pear like shape</p>	<ul style="list-style-type: none"><li>➤ <i>Lower body fat</i></li><li>➤ Fat around the hips , buttocks and thighs</li><li>➤ More common in women</li><li>➤ Less risky for chronic diseases, but may lead to orthopedic problems.</li></ul>



# #6. THE APPLICATION

- Know your numbers
  - Track them every 3-6 months
  - Use as a motivator!
- Calipers, In-body, DEXA, tape measure
  - Find a good formula here:  
<https://www.precisionnutrition.com/body-fat-calculator>

Healthy Body Fat Percentage		
Description	Male	Female
Athlete	6-13%	14-20%
Fitness	14-17%	21-24%
Average	18-24%	25-31%
Above Average	>25%	>32%



# 7. CLEAN YOUR GEAR 2X/YEAR AND AFTER INCIDENTS

- Clean gear, apparatus cab, and SCBA post-fire to protect yourself from gear off-gassing.
- On-scene decon
- This is essential for cancer prevention.
- Dirty gear is no longer a badge of honor; it's a sign of ignorance.

## CANCER AWARENESS FIREFIGHTERS ARE AT RISK!

FIREFIGHTERS HAVE A HIGHER RISK of contracting **ALL** types of cancer than the general U.S. population.

Synthetic building materials used in modern structures, including furniture and paint, **RELEASE CARCINOGENS** when burned.

**WE HAVE AN OPPORTUNITY TO SAVE LIVES!**  
Cancer is a leading threat ALL to firefighters.

The hotter you are, the more carcinogens your skin absorbs.

For every 5° increase in temperature, skin becomes up to **400% MORE ABSORBENT.**

**MORE THAN 60% TO CANCER**  
MORE THAN ANY OTHER CAUSE

Since 2002, the IAFF has attributed more than 60% of its firefighter LODDs TO CANCER MORE THAN ANY OTHER CAUSE

### FIVE THINGS YOU CAN DO

1. **Wear your SCBA** from the fire attack through overhaul to limit inhalation of carcinogens.
2. **Clean yourself off** during gross decon to remove soot as soon as possible.
3. **Keep contaminated gear** out of your station's living and sleeping quarters. Also, don't take contaminated gear home.
4. **Make sure your gear** is cleaned and inspected regularly by a verified ISP.
5. **Maintain a personal exposure log** of all fire calls.

NotInOurHouse.com

STOP CANCER AT THE DOOR

LION vispa NVFC DuPont Nomex

# #7. THE APPLICATION

- Wash your gear, hood, gloves, and boots every 6-months and after every fire incident.
- Shower after every fire call
- NFPA Guide:
  - <https://gearwash.com/nfpa1851/>

**STOP CANCER AT THE DOOR:**  
Key steps you should take **BEFORE** leaving the fire ground!

**NOT IN OUR HOUSE**

Decrease contaminants by **85%** WHEN YOU PERFORM A WET-SOAP DECON<sup>2</sup>

**SAFELY REMOVE YOUR GEAR**

Ask a fellow firefighter who is wearing latex gloves to take off your PPE gloves. Then, put on clean latex gloves before handling your gear.<sup>2</sup>

Pull your hood over your head while your SCBA is still on instead of pulling it down to rest on your neck.

**WIPE THE SOOT FROM YOUR BODY.**  
In this order:<sup>2</sup>

- 1 EYES
- 2 FACE
- 3 NOSE (inside first, then blow your nose)
- 4 EARS (inside first, then behind)
- 5 NECK (includes neck and beneath collar)
- 6 ARMS
- 7 HANDS (between fingers and under nails)
- 8 HAIR/TOP OF HEAD
- 9 UNDERARMS
- 10 TORSO/BACK

**Shower within an hour!**  
Wipes are effective, but they don't replace a shower. Start your shower with cold water, then switch to **very hot** water.<sup>4</sup>

SOURCES:  
1. Contamination of firefighter personal protective equipment and skin and the effectiveness of decontamination procedures, Journal of Occupational and Environmental Hygiene, 2017  
2. Using Gloves to Doff Firefighter Gear: Overkill or a Necessary O2PP Fire Cheat, March 21, 2016  
3. Post-Fire Decontamination Process Using Action Wipes, Action Wipes, May 26, 2015  
4. Reducing the Post-Fire Threat of Cancer, Fire Engineering, June 21, 2016

NOTE: Your hood should only rest on your neck if it's CLEAN.

**ABOUT NOT IN OUR HOUSE:** The NOT IN OUR HOUSE cancer awareness initiative is LION's commitment to keeping firefighters and their families safe from fire service-related cancer. Learn more at [notinourhouse.com](http://notinourhouse.com).

**LION** ready for action

**NOT IN OUR HOUSE**

4/18



## 8. BUILD EMOTIONAL RESILIENCE

- You will experience trauma.
- Prepare your mind for the work we do.
  - Create healthy coping habits.
- Connect with people.
- Ask leadership about Employee Assistance Programs.

### **resilience**

"The behaviors, thoughts, and actions that promote personal wellbeing and mental health. It refers to "a person's ability to withstand, adapt to, and recover from adversity and stressful situations."



# #8. THE APPLICATION

- See a counselor every year.
  - I have done this for the last 10 years.
- Know what resources are available for you and your crew.

## FUNCTIONAL

- Consistent fitness, good nutrition, hydration, and sleep can help process trauma.
- Department of health resources (scan code).
- Free course on stress first aid from FRCE:  
<https://www.firstrespondercenter.org/training>



**Need Help?**

Addressing your mental wellness doesn't have to begin in a crisis. Scan the QR code for EMS-specific mental health and wellness resources. These resources are confidential and safe.

[https://www.health.ny.gov/professionals/ems/mental\\_health.htm](https://www.health.ny.gov/professionals/ems/mental_health.htm)



 Bureau of Emergency Medical Services and Trauma Systems  
A Division of the New York State Department of Health

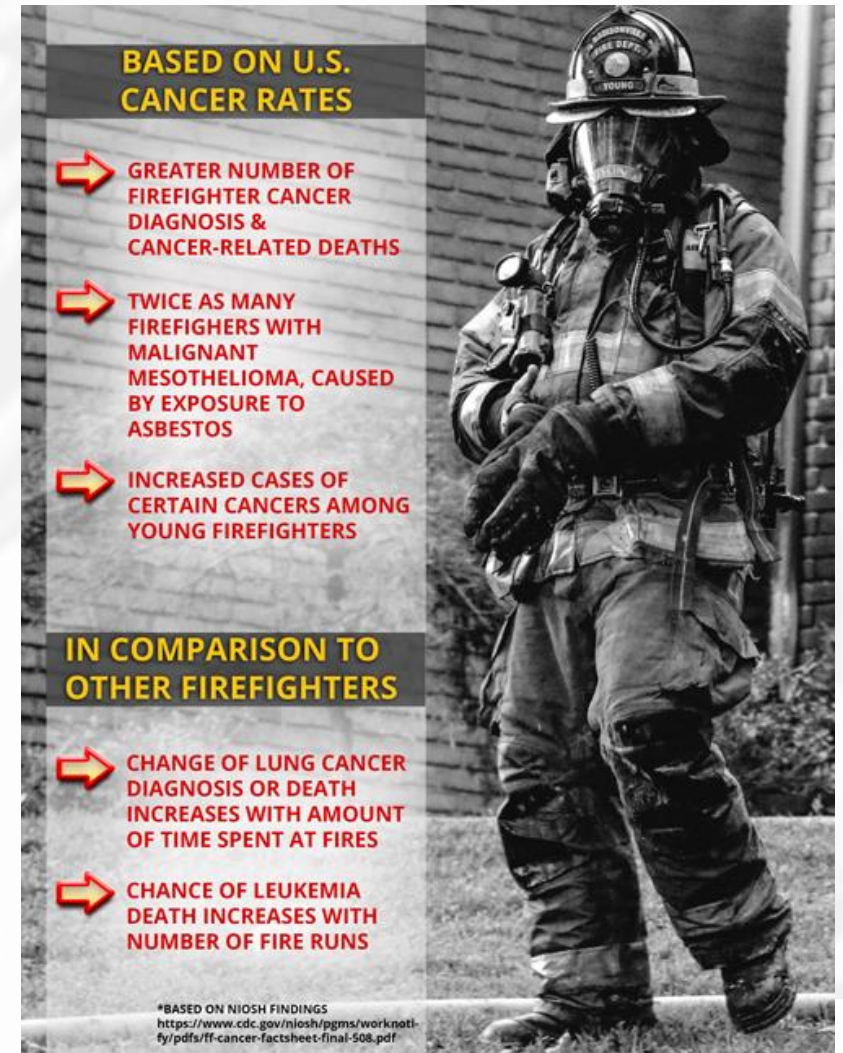
# 9. WEAR YOUR SCBA DURING ALL FIRE INCIDENTS

- **This is essential for cancer prevention.**
- **Overhaul, dumpster fires, car and battery fires, post-fire investigation, etc.**
- **Products of combustion continue to fill the air. Protect yourself!**
- **Do not use HCN and CO measures to indicate safety to remove masks (IAFF).**
- **Personal plea: Ditch the term “smoke-eater!”**



# #9. THE APPLICATION

- **BE THE EXAMPLE**
- **Get more efficient at masking up!**



**BASED ON U.S. CANCER RATES**

- ➔ GREATER NUMBER OF FIREFIGHTER CANCER DIAGNOSIS & CANCER-RELATED DEATHS
- ➔ TWICE AS MANY FIREFIGHTERS WITH MALIGNANT MESOTHELIOMA, CAUSED BY EXPOSURE TO ASBESTOS
- ➔ INCREASED CASES OF CERTAIN CANCERS AMONG YOUNG FIREFIGHTERS

**IN COMPARISON TO OTHER FIREFIGHTERS**

- ➔ CHANGE OF LUNG CANCER DIAGNOSIS OR DEATH INCREASES WITH AMOUNT OF TIME SPENT AT FIRES
- ➔ CHANCE OF LEUKEMIA DEATH INCREASES WITH NUMBER OF FIRE RUNS

\*BASED ON NIOSH FINDINGS  
<https://www.cdc.gov/niosh/pgms/worknotifi/pdfs/ff-cancer-factsheet-final-508.pdf>

## 10. GET BETTER EVERY SHIFT!

- **Constant improvement.**
- **A little every day makes a big impact.**
- **Don't try to conquer everything at once.**
- **Practice an attitude of gratitude.**



# #10. THE APPLICATION

- Read at least 10-minutes each day.
- Create a 1, 3, 5-year plan.
- Do Not be “the suck.”
- Use the Jedi Mind Trick.
  - Ask for one positive thing.





# THE HEALTHY 10

- 1. Train functionally at least 3-4 times per week (consistently).**
- 2. Hydrate- with water. Watch alcohol and energy drinks.**
- 3. Get your annual medicals and cancer screens. And assess your level of fitness regularly.**
- 4. Eat according to your goals. Eat real foods and lots of fruits and vegetables.**
- 5. Focus on sleep (value sleep). Get 7-8 hours and nap when needed.**
- 6. Manage your weight and body fat percentage.**
- 7. Clean gear 2x per year and after incidents (including helmet liner and hood).**
- 8. Work on your Emotional Resilience (build resilience). Connect with people!**
- 9. Wear SCBA during all fires including overhaul and dumpster/ auto fires.**
- 10. Get Better Every Shift- Practice an attitude of gratitude and focus on making yourself and those around you inspired to improve health, knowledge, and impact.**



[WWW.FIRERESCUEFITNESS.COM](http://WWW.FIRERESCUEFITNESS.COM)



**#GETFRF**

The Healthy 10



# THE RESILIENT 50 CHALLENGE

Practical application of healthy habits leads to success.

- Choose 7 habits
- Follow them for 50 days.

## **RESILIENT 50**

**SELECT 7 OF THE HABITS BELOW.  
DO THEM EVERY DAY FOR 50 DAYS.  
IF YOU MISS ONE, START OVER AT DAY 1.**

- 30 MINUTES OF EXERCISE
- 8500 STEPS
- 80 OUNCES OF WATER
- NO CHEAT DAYS/ NO ALCOHOL
- FOLLOW A DIET/ HEALTHY EATING PLAN
- 10 MINUTES OF READING (NON-FICTION)
- 1 MINUTE OF DEEP BREATHING
- ONE MINUTE OF GRATITUDE- WRITE IT DOWN.
- POWER DOWN 30 MINUTES BEFORE BED
- TIME RESTRICTED FEEDING (INTERMITTENT FAST)
- +1 YOUR CHOICE HABIT DEVELOPMENT

**COMPLETE 50 DAYS AND GET A SPECIAL CHALLENGE COIN**



## **Resilient 50 (R50) Challenge** **for First Responders**



**This is a 50-day, habit-forming challenge that can transform your health and career. This FREE program includes motivation, workouts, nutrition guides, recipes, and mental health tools, and is a way to challenge your crew and department to create a healthy culture change.**

### **Here are the guidelines of the R50 Challenge:**

- Join the R50 (all is free, everything)**
- Choose 7 habits (you only have to choose 7)**
- Perform them every day for 50 days**
- Accomplish 50 days and get an exclusive coin and entry into the R50 Prize pool.**

### **Here are the habits to choose from:**

- 30 minutes of exercise**
- 80 ounces of water**
- Healthy Eating (diet)**
- No cheat days/ no alcohol**
- 10 minutes of self-development reading**
- 1 min of deep breathing (meditation)**
- 1 minute of gratitude (have to write one down)**
- Powerdown 30 minutes before bed**
- Time-restricted feeding**
- +1 Your choice**

**GET STARTED TODAY!**



**Sign up here:**  
**[www.Resilient50.com](http://www.Resilient50.com)**

# THANK YOU!

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

Promote the “Healthy 10” to members of your department!

Be example for your crew and community.

Stay Safe and FRF

-Aaron Zamzow (ZAM)

**YOU ARE YOUR ONLY LIMIT**

**FRF**

[www.FireRescueFitness.com](http://www.FireRescueFitness.com)

**Reiley Grashoff**  
Used the FRF program to lose 20 pounds and gain strength for his job. He lost 20 pounds and gained 10 pounds of muscle in 12 weeks. He is now a better firefighter and a better person.

**Will Doring**  
Used the FRF program to lose 20 pounds and gain strength for his job. He lost 20 pounds and gained 10 pounds of muscle in 12 weeks. He is now a better firefighter and a better person.

**Scott Mulligan**  
Used the FRF program to lose 20 pounds and gain strength for his job. He lost 20 pounds and gained 10 pounds of muscle in 12 weeks. He is now a better firefighter and a better person.

**Yusuf Ghodori**  
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**Steve Little**  
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**Kevin Gleser**  
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**Patricia Schroeder**  
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**Rob Gibbons**  
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**Randy Kano**  
Used the FRF program to lose 20 pounds and gain strength for his job. He lost 20 pounds and gained 10 pounds of muscle in 12 weeks. He is now a better firefighter and a better person.

**Mackenzie Dealap**  
Used the FRF program to lose 20 pounds and gain strength for her job. She lost 20 pounds and gained 10 pounds of muscle in 12 weeks. She is now a better firefighter and a better person.

**James Bambarly**  
Used FRF to lose almost 30 pounds and at age 52 is in the best shape of his life.

**Ken Straka**  
Used the FRF program to lose 20 pounds and gain strength for his job. He lost 20 pounds and gained 10 pounds of muscle in 12 weeks. He is now a better firefighter and a better person.

**John Hattrop**  
Used the FRF program to lose 20 pounds and gain strength for his job. He lost 20 pounds and gained 10 pounds of muscle in 12 weeks. He is now a better firefighter and a better person.

**Paul Bark**  
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**Josh Fuhr**  
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**Les Card**  
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**Patrick Malloy**  
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**Kevin Wynn**  
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**Josh Murdock**  
Used FRF to lose over 100 lbs and is in control of his health and fitness.

**For more great info and resources...**



**<https://www.firerescue1.com/better-every-shift>**



**Get the slides and workouts here:  
[www.FireRescueFitness.com/seminar](http://www.FireRescueFitness.com/seminar)**

# ADDITIONAL Q AND A

- **When to Workout?**
- **Assessments?**
- **Best Exercises?**
- **Snack Options?**
- **Best “functional” equipment?**
- **How to stay motivated?**

## FRF FRIDAY FUNNY

**When Chuck Norris works out at the gym, he doesn't sweat...**

**The weights do.**



[WWW.FIRERESCUFITNESS.COM](http://WWW.FIRERESCUFITNESS.COM)



*We must have “functional” resources for all levels of health and fitness.*

# **Fitness Success Spectrum**

**Unhealthy**

**Healthy/Fit**



**Sedentary**

**Active**



**Poor Diet  
Habits**

**Good Diet  
Habits**



**#GETFRF**

# Benefits of “Consistent and Functional” Fitness.

- Injury Reduction
- Weight control
- Improves Performance
- Lower instances of Cancer
- Decrease chances of sudden heart attack and stroke.
- Improves cognitive thinking
- Improves mental health (positive outlook)
- Lowers symptoms of depression
- Helps manage PTSD
- Improves immune response (COVID)



# Nutrition Hacks

You can eat healthy at the firehouse...



[www.FireRescueFitness.com](http://www.FireRescueFitness.com)

How to Resist Sweets in the Firehouse (or any house)..



**FIRE RESCUE FITNESS**

**FIREFIGHTER SNACK OPTIONS**



New and Improved Version 2.0



Over 80 Recipes!

**Healthy Firehouse Recipes**

Healthy and easy recipes that will satisfy your (or any) crew



Courtesy of [www.FireRescueFitness.com](http://www.FireRescueFitness.com)

Stay hydrated, hide the sweets, have good choices available, always have healthy snacks available, and have some go to healthy recipes...

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# Our Playing Ground “daily life”

Firefighting/ EMS is strenuous work!



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