



SUCCESS MANUAL

A motivating guide to help you excel in the Resilient 50-day challenge, providing a comprehensive plan for a strong start and reaching your goals. Packed with tracking tools, exercise choices, dietary advice, and encouragement to empower you on your journey to success.

The following pages contain worksheets and logs that you can print out and use throughout the R50 Challenge. Make sure you SCROLL THROUGH ALL THE PAGES. You can also get FREE access to all the resources, including a complete workout program and eating guide on the FRF App. Click the link below and create your free account.

[Click here to Get the R50 Workout and Eating Guide](#)

This is not a fitness or weight loss challenge; it is a far more personal and transformative journey - the specific purpose being to equip you with the mental and emotional resilience needed to handle high-stakes situations and the daily stressors of such an essential job. Forming healthy habits is the bedrock of resilience, acting as the building blocks that support our journey toward optimal health. Without these habits, such as consistent exercise, balanced nutrition, and adequate rest, our resilience can be fleeting, experiencing only temporary changes rather than long-term transformations.

The Rules

- ✓ At a minimum select (or create your own) 5 of the habits listed below. You can select/create more, 5 is the minimum.
- ✓ Complete each of your selected habits each day for 50 days. If you miss one day, you start over at day 1.

The Habits - Choose habits that align with your personal goals and lifestyle. The habits listed below are some of the most effective for building resilience, improving health, and optimizing daily performance. Select or create habits that are both personal and challenging. For instance, if you're not currently drinking water, aim for a manageable target like 64 ounces per day. If you haven't exercised consistently, start with a goal of 15 minutes each day. Choose at least five goals to practice daily, but feel free to set more if you'd like.

Resilient Habits

- **30 MINUTES OF EXERCISE** - You can follow any workout program you like. Exercise does not have to be high intensity every day, it could be recovery, yoga, stretching, or just a walk in the park.
- **8500 STEPS** - Get a fitness or step tracker and make sure you get at least 8500 steps each day. You cannot "bank" steps from day to day. Movement is good for many things, focus on finding ways to move more through your day.
- **75 OUNCES (or you choose the amount) OF WATER** - Water is the essence of every vital physiological process. Staying hydrated can help with physical and mental performance, make sure you are getting enough each day.
- **NO CHEAT DAYS/ NO ALCOHOL** - If sugars and alcohol are your kryptonite then why allow you to use them? Do therapists allow alcoholics or addicts a cheat day? The idea behind this challenge is to have you make some sacrifices and understand how certain elements like sugar and alcohol negatively affect your health and mind. Commit to staying clean with your diet and alcohol consumption.
- **FOLLOW A DIET/ HEALTHY EATING PLAN** - Stick to a meal plan that aligns with your fitness goals. This can vary based on individual needs and preferences, but consistency is key.
- **10 MINUTES OF READING (NON-FICTION)** - Read 10 pages of a self-improvement or educational non-fiction book daily. This fosters personal growth and learning. Or listen to a positive podcast ([like Better Every Shift](#)).
- **1 MINUTE OF DEEP BREATHING** - Take at least one minute of your day to practice some focused breathing. Why? Deep breathing is a practice that enables more air to flow into your body and can help calm your nerves, reducing stress and anxiety. It can also help you improve your attention span and improve cognitive function.

- **ONE MINUTE OF GRATITUDE**- Take a minute to think about something you are grateful for each day and write it down. I believe this is one of the best ways to change your attitude and remember/ honor those first responders and military who have paid the ultimate sacrifice. This one minute can change your day. Get in the habit of practicing gratitude.
- **POWER DOWN 30 MINUTES BEFORE BED** - Turn off all electronics (including TV) before sleeping. This habit helps to improve the quality of sleep and gets your brain and body ready for recovery.
- **TIME RESTRICT EATING (Intermittent Fasting)**- Try to feed during the day and fast at night. You can choose any timeframe for feeding/ fasting you want. Time-restricted feeding can build resilience by regulating the body's internal clock, leading to improved metabolic health, enhanced physical and mental performance, and better stress adaptation.
- **5 MINUTES OF MINDFULNESS OR MEDITATION**- Spend at least five minutes each day practicing mindfulness or meditation. This can help you reduce stress, enhance emotional regulation, and improve focus. Simply find a quiet space, close your eyes, and concentrate on your breath or use an app for guided sessions.
- **CONNECT WITH A SUPPORTIVE PEER**- Make it a point to reach out to a colleague, friend, or family member for a brief conversation each day. Building a support network is essential for mental resilience; sharing experiences and emotions can foster camaraderie and reduce feelings of isolation.
- **SET A DAILY INTENTION (GOAL)...and Accomplish it** - Each morning, take a moment to set a clear intention or goal for the day. This could be related to personal growth, focusing on your goals, or simply being more present. Writing down your intention can create a sense of purpose and keep you aligned with your objectives throughout the day. An example would be to perform one random act of kindness- fold a crew member's laundry, buy someone a cup of coffee, help someone carry something, compliment a stranger (or someone you know), send a text of appreciation, or leave a positive note.
- **+1 (or more) YOUR CHOICE HABIT DEVELOPMENT**- This one is up to you! Maybe you want to learn a new language, stop drinking soda, restrict caffeine, monitor your sleep, write in a journal, read to the kids, train your dog, take a cold shower, or walk outside. Choose a habit that will help reduce stress and improve your mental or physical health. Remember this needs to be a habit that you can do every day.



The rules are designed to promote self-discipline, focus, endurance, and growth. It's not just about physical transformation but also about building mental toughness and personal development. Participants should always consult with a fitness professional to ensure that the program is appropriate for their individual situation.

Your Habits (minimum of 5)

1. _____

2. _____

3. _____

4. _____

5. _____

Bonus - _____

Bonus - _____

Motivation

What is your biggest motivation to complete the R50 Challenge?

To be successful at anything, all excuses need to go out the window... there is no such thing as "poor genetics," no such thing as "not enough time", no such thing as "it's just too hard"... NO EXCUSES! Do not tell me or yourself that you are incapable. Commit to your habits and find a way to get them done... every day. YOU GOT THIS!



You Choose (print this out)

The purpose of this 50-day Challenge is to make you a more RESILIENT and healthier first responder. I truly believe this program will help you improve your life, career, and health. My research and experiences have been aimed at creating a program to assist you in reaching your goals. Regardless of your current level of health and resilience, the R50 FRF Challenge is designed to provide you with the proper means to achieve your desired results. I have poured my heart and soul into this program and have extremely high expectations that it can help thousands of people (first responders). With that said, I stress that YOU are responsible for your own health. Therefore, while you are engaged in the 50-day CHALLENGE, I urge YOU to follow the program with maximum effort, form, persistence, consistency, and enjoyment. Results are not guaranteed; they are earned. To ensure you get the most out of the CHALLENGE, I ask that you sign this statement confirming that YOU are committed to accomplishing your goal(s) and are willing to give maximum effort.



Your signature: _____

Thank you for taking the steps to improve your health. I congratulate you on your choice and am honored that you are joining the R50 Challenge.

It is Time to Get Fit and Resilient!

Aaron Zamzow



Resilient 50 Log Sheet							
Your Habits <i>(Write them down in the spaces below. Place a check in the box when completed for that day).</i>	Day of the Challenge						
#1.							
#2.							
#3.							
#4.							
#5.							
BONUS 1.							
BONUS 2.							
Notes:							

Print one of these log sheets out for each week (you will print 8 out total for the 50 days).



Resilient 50 (Daily Journal)

Day	Notes/ Recap and Personal Reflections	Did You Perform Your Habits?	
DAY 1-		YES <input type="checkbox"/>	NO <input type="checkbox"/>
DAY 2-		YES <input type="checkbox"/>	NO <input type="checkbox"/>
DAY 3-		YES <input type="checkbox"/>	NO <input type="checkbox"/>
DAY 4-		YES <input type="checkbox"/>	NO <input type="checkbox"/>
DAY 5-		YES <input type="checkbox"/>	NO <input type="checkbox"/>
DAY 6-		YES <input type="checkbox"/>	NO <input type="checkbox"/>
DAY 7-		YES <input type="checkbox"/>	NO <input type="checkbox"/>



Resilient 50 (Daily Journal)

Day	Notes/ Recap and Personal Reflections	Did you make progress today?	
DAY 8-		YES <input type="checkbox"/>	NO <input type="checkbox"/>
DAY 9-		YES <input type="checkbox"/>	NO <input type="checkbox"/>
DAY 10-		YES <input type="checkbox"/>	NO <input type="checkbox"/>
DAY 11-		YES <input type="checkbox"/>	NO <input type="checkbox"/>
DAY 12-		YES <input type="checkbox"/>	NO <input type="checkbox"/>
DAY 13-		YES <input type="checkbox"/>	NO <input type="checkbox"/>
DAY 14-		YES <input type="checkbox"/>	NO <input type="checkbox"/>



Resilient 50 (Daily Journal)

Day	Notes/ Recap and Personal Reflections	Did you make progress today?	
DAY 15-		YES <input type="checkbox"/>	NO <input type="checkbox"/>
DAY 16-		YES <input type="checkbox"/>	NO <input type="checkbox"/>
DAY 17-		YES <input type="checkbox"/>	NO <input type="checkbox"/>
DAY 18-		YES <input type="checkbox"/>	NO <input type="checkbox"/>
DAY 19-		YES <input type="checkbox"/>	NO <input type="checkbox"/>
DAY 20-		YES <input type="checkbox"/>	NO <input type="checkbox"/>
DAY 21-		YES <input type="checkbox"/>	NO <input type="checkbox"/>



Resilient 50 (Daily Journal)

Day	Notes/ Recap and Personal Reflections	Did you make progress today?	
DAY 22-		YES <input type="checkbox"/>	NO <input type="checkbox"/>
DAY 23-		YES <input type="checkbox"/>	NO <input type="checkbox"/>
DAY 24-		YES <input type="checkbox"/>	NO <input type="checkbox"/>
DAY 25-		YES <input type="checkbox"/>	NO <input type="checkbox"/>
DAY 26-		YES <input type="checkbox"/>	NO <input type="checkbox"/>
DAY 27-		YES <input type="checkbox"/>	NO <input type="checkbox"/>
DAY 28-		YES <input type="checkbox"/>	NO <input type="checkbox"/>



Resilient 50 (Daily Journal)

Day	Notes/ Recap and Personal Reflections	Did you make progress today?	
DAY 29-		YES <input type="checkbox"/>	NO <input type="checkbox"/>
DAY 30-		YES <input type="checkbox"/>	NO <input type="checkbox"/>
DAY 31-		YES <input type="checkbox"/>	NO <input type="checkbox"/>
DAY 32-		YES <input type="checkbox"/>	NO <input type="checkbox"/>
DAY 33-		YES <input type="checkbox"/>	NO <input type="checkbox"/>
DAY 34-		YES <input type="checkbox"/>	NO <input type="checkbox"/>
DAY 35-		YES <input type="checkbox"/>	NO <input type="checkbox"/>



Day	Notes/ Recap and Personal Reflections	Did you make progress today?	
DAY 36-		YES <input type="checkbox"/>	NO <input type="checkbox"/>
DAY 37-		YES <input type="checkbox"/>	NO <input type="checkbox"/>
DAY 38-		YES <input type="checkbox"/>	NO <input type="checkbox"/>
DAY 39-		YES <input type="checkbox"/>	NO <input type="checkbox"/>
DAY 40-		YES <input type="checkbox"/>	NO <input type="checkbox"/>
DAY 41-		YES <input type="checkbox"/>	NO <input type="checkbox"/>
DAY 42-		YES <input type="checkbox"/>	NO <input type="checkbox"/>



Resilient 50 (Daily Journal)

Day	Notes/ Recap and Personal Reflections	Did you make progress today?	
DAY 43-		YES <input type="checkbox"/>	NO <input type="checkbox"/>
DAY 44-		YES <input type="checkbox"/>	NO <input type="checkbox"/>
DAY 45-		YES <input type="checkbox"/>	NO <input type="checkbox"/>
DAY 46-		YES <input type="checkbox"/>	NO <input type="checkbox"/>
DAY 47-		YES <input type="checkbox"/>	NO <input type="checkbox"/>
DAY 48-		YES <input type="checkbox"/>	NO <input type="checkbox"/>
DAY 49-		YES <input type="checkbox"/>	NO <input type="checkbox"/>

DAY 50!-	YES <input type="checkbox"/>	NO <input type="checkbox"/>
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After you complete the 50-days, make sure you fill out the assessment questionnaire and [email](#) your results. You must email your results (and address) to get the R50 Coin and maybe some additional bonuses.



FRF R50 Challenge Workout Program

***Disclaimer:** See your physician before starting any exercise or nutrition program. You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 40 years old. Please discuss all nutritional and activity changes with your physician or a registered dietitian. It is very important to train conservatively and not overdo things.*

10 Tips to Help You Successfully Complete the Program

1. Sedentary individuals must check with their physician before beginning any exercise program. You may want to start with just the active warm-up and core exercises for the first week or two. As you begin the program do not hesitate to take an extra day of “active” rest between strength workout days if needed.
2. Don't do any exercise that you aren't sure how to do. Always get personal instruction from a certified trainer and/or use the video examples and coaching tips provided with this program.
3. Don't do anything that hurts or "doesn't feel right". There are plenty of alternative exercises for every movement. The GET FRF app has them listed for each exercise and the Workout PDFs include a “substitution list” for each workout. You can also email me, ask the discussion board or post in the Facebook group for options.
4. Whenever you start a NEW workout (first time) in the program, use lighter weights. The program was designed to use these “first” workouts for you to get familiar with the new exercises and to **focus on form**. Make sure you perform each exercise with good form, do not cheat yourself. Form is always the most important element.
5. If you need extra recovery time within the workout (between circuits) or between workouts, don't hesitate to take it. Safety first. Utilize foam rolling and the stretching routines whenever possible.
6. Follow the calendar of workouts for the 50-days. If you miss one workout, don't worry, just skip that day, and continue following the program. If you miss two or more consecutive workouts, do not skip ahead but continue where you left off (the program will be extended a little longer than the 50-days). You can switch days and workouts around based on your work schedule and personal schedule. Make sure to rest a day between strength workouts.
7. Finish each workout with stretching and foam rolling routines. Do not skip these. You may even want to do the stretching and foam rolling on off days and before a shift (to help you recover and stay flexible).
8. **Never skip the active warm-up and core/prehab**. You can substitute the active warm-up and/or core exercises with other ones but do not decrease the number of exercises or reps. If you are limited by time, reduce the number of sets in the workout, but always perform the full warm-up. **Never skip a warm-up and the core/prehab exercises**.
9. If you have an injury (or nagging strain/sprain), get medical attention, and have a professional therapist rehabilitate your injury before starting this or any exercise program.
10. If you decide to use running or stepping as your form of interval training, make sure you have good running shoes, always do an extra thorough warm-up, and choose a safe running surface (grass or trails rather than pavement/concrete). If you use a treadmill or a stepmill, please operate it safely.

Have fun, encourage others around you to [sign-up](#) for the program and workout with you. The more fun and support you have, the higher your chance of success!

It's your journey... Enjoy it!

Get access to the complete workout program via the FRF APP. [Click here to sign up for access.](#)

The Resilient 50-day Challenge Workout Program

Week 1	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Initial assessment, "before" pics and get your nutrition ready.	Perform the FRF Bodyweight Fitness Assessment and questions.	Nutrition Planning Day and light cardio/ recovery	R 50 Workout #1 + 5-mins of Hell	Crew/ Fireground Workout (6 x 4)	R 50 Workout #2 + 4-min Tabata	FRF Recovery Workout	R 50 Progressive Workout

Acclimation Week #1 -go easy. The goal of week #1 is to perform the R50 assessment, do some measurements and create your goal for the next 50-days. Acclimate to the new style of workouts and really focus on cleaning up your nutrition. Plan to Succeed! Make sure you perform your habits!

Week 2	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
	FRF Cardio/ Yoga Workout	Nutrition Planning Day and light cardio/ recovery	R 50 Workout #1 + 5-mins of Hell	Crew/ Fireground Workout (6 x 4)	R 50 Workout #2 + 4-min Tabata	FRF Recovery Workout	R 50 Progressive Workout

Week #2. You will still be adjusting to the workouts, give it time and have patience. Read all the materials and continue to acclimate to the workouts. Keep nailing those habits.

Week 3	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
	FRF Cardio/ Yoga Workout	Nutrition Planning Day and light cardio/ recovery	R 50 Workout #1 + 5-mins of Hell	Crew/ Fireground Workout (6 x 4)	R 50 Workout #2 + 4-min Tabata	FRF Recovery Workout	R 50 Progressive Workout

Week #3. You should be a little more comfortable with the workouts and exercises. Focus on using good form and really make sure you are integrating good and clean nutrition. Utilize all the FRF Nutrition resources in the portal and app and continue to plan and prepare foods. Do not get lazy with your habits! Make sure you commit and complete them each day.

Week 4	Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
	FRF Cardio/ Yoga Workout	Nutrition Planning Day and light cardio/ recovery	R 50 Workout #1 + 5-mins of Hell	Crew/ Fireground Workout (6 x 4)	R 50 Workout #2 + 4-min Tabata	FRF Recovery Workout	R 50 Progressive Workout

Week #4. By now you should be feeling better and moving better. You should also be familiar with the workouts and exercises. Focus on form and start to push yourself with weights and reps. Follow the rest intervals and MAKE SURE YOU DO NOT SKIP THE WARM-UPS AND CORE!!!!

Week 5	Day 29	Day 30	Day 31	Day 32	Day 33	Day 34	Day 35
	FRF Cardio/ Yoga Workout	Nutrition Planning Day and light cardio/ recovery	R 50 Workout #1 + 5-mins of Hell	Crew/ Fireground Workout (6 x 4)	R 50 Workout #2 + 4-min Tabata	FRF Recovery Workout	R 50 Progressive Workout

Week #5. Focus on nutrition. Continue to eat clean and healthy. Stick to your habits!

Week 6	Day 36	Day 37	Day 38	Day 39	Day 40	Day 41	Day 42
	FRF Cardio/ Yoga Workout	Nutrition Planning Day and light cardio/ recovery	R 50 Workout #1 + 5-mins of Hell	Crew/ Fireground Workout (6 x 4)	R 50 Workout #2 + 4-min Tabata	FRF Recovery Workout	R 50 Progressive Workout

Week #6. ... One week (+1) to go. Continue to work on getting your habits completed. By now these habits should be pretty solid. Try adding another “resilient habit” to each day. These habits will help you continually make progress and transfer to better performance and career longevity.

Week 7	Day 43	Day 44	Day 45	Day 46	Day 47	Day 48	Day 49
	FRF Cardio/ Yoga Workout	Nutrition Planning Day and light cardio/ recovery	R 50 Workout #1 + 5-mins of Hell	Crew/ Fireground Workout (6 x 4)	R 50 Workout #2 + 4-min Tabata	FRF Recovery Workout	Try the FRF 343 Workout

Week #7. ... Almost there. Continue to do the work! Focus on the progress you are making: more energy, better strength, happier, etc.

Day #50- YOU MADE it!

Complete your final day of habits and then complete the FRF Bodyweight and R50 Assessment (final). Take a look at your progress and take pride in your accomplishment(s).

Make sure you [email your final assessment PDF](#), make sure to include your address so we can send you the R50 Coin.

Please spread your achievement via socials #Resilient50 #R50Challenge #R50Workout

One note about the calendar. The exact days do not matter for your workouts, try not to perform the more intense workouts back-to-back. Use the 30-minute recovery day between each strength training workout. You may have to re-arrange your schedule based on your shifts and calls and family responsibilities. Aim for at least 3 workouts each week and try to follow the calendar the best you can. Set-up each week in advance and prepare to work around distractions and shifts. And reach out to me (Zam) if you need any help or have questions. Do not forget to [email me](#) your feedback and your results and share them on Facebook, Twitter and Instagram (#GETFRF)...



The FRF R50 Bodyweight Fitness Test

Here is a great way to access your current fitness level. Perform as many reps as possible of each exercise in 1 minute (push-ups, body rows, prisoner squats, burpees). Then try to hold the plank for as long as possible (max of 2 minutes). Rest 1 minute between exercises. Count each rep, add up your total reps and your plank score... that's your score. Form and quality reps count, poor form and "bad reps" do not.

Muscle Groups	Exercise Name	Suggested Reps	Rest Between Sets	Suggested Sets	Notes/ Key Points
Active Warm-ups and Prehab					
Hips, low back	Y squats	10x	0	2 circuits	Perform the warm-up exercises in a circuit. Perform 2 circuits total then foam roll. Go right from one exercise to the next.
Hamstrings, calves	Step forward toe reach	5 each	0	2 circuits	
Hips, legs	Spidermans	5 each	0	2 circuits	
Total body	Knees side to side	5 each	minimal	2 circuits	
Any	Foam Roll (trouble spots)	10x/ spot	Perform after the 2 warm-up circuits.		

Strength Exercises

Weight (if any)	Exercise Name	Suggested Reps	Rest Between Sets	Scoring System (Reps/ Score)	Scoring/ Notes
na	Push-ups	AMAP for 1 minute	1 minute	10-20 reps = 1 pt. 21-30 reps = 2 pts. 31+ reps = 3 pts.	Perform as many (good quality) reps as possible of each exercise for 1- minute. Rest 1-minute between exercises. For the plank test, hold the plank as long as you can (make sure your hips do not sag). Use the scoring ranges to score either 1,2 or 3 points per exercise. Here are some ranges to aim for: If you scored 14 or 15 you are in the Elite FRF category. A score of 10-13 means you are FRF and fit for duty (but could improve). A score 9 and below means you need this program but don't worry, you will improve!
na	Prisoner Squats	AMAP for 1 minute	1 minute	6-15 reps = 1 pt. 16-25 reps = 2 pts. 26+ reps = 3 pts.	
na	Body Rows (or blanket rows)	AMAP for 1 minute	1 minute	10-20 reps = 1 pt. 21-30 reps = 2 pts. 31+ reps = 3 pts.	
na	Burpees	AMAP for 1 minute	1 minute	19 and over = 3 pts. 13-18 reps = 2 pts. 6-12 reps = 1 pts. 5 reps or less = 0 pts.	
na	Plank (hold)	Hold for as long as possible	Na	30-90 sec = 1 pt. 91- 120 secs = 2 pts. 121 secs = 3 pts.	
Record your score below. Try to improve your score each time!					

Remember to record your reps for each exercise below.

Test Date:	# of Push-ups/ Score	# of Body Rows/ Score	# of Prisoner Squats/ Score	# of Burpees/ Score	Plank Time/ Score	Total Score

Variations: You can vary the workout based on your available equipment—run bleachers, do step ups, or substitute out some of the strength exercises. You may also want to cut the time in half and perform as many reps as you can for 30 seconds. You will perform this assessment 2 times in the 40-day challenge program. You can also perform this as a standalone workout if you are short on time and/or don't have a lot of equipment. Try to improve each time! If you do not have the equipment needed for an exercise, there is a substitution option list (scroll down).

R50 WORKOUT #1

Here you go, workout #1. **Please note if you need to substitute the exercises due to a lack of equipment, see the options listed a few pages down.** Start with the active warm-up movements the proceed to the core/prehab exercises. After you complete 2 or 3 circuits of each, move to the dumbbell exercises. For the DB exercises you will need a stopwatch or an interval timer. Set the timer to 30 or 40 seconds of work based on your level of fitness and rest for 30 or 20 seconds. You will perform all 8 exercises in a circuit and repeat it 2 or 3 times total (3 times if you are advanced). Finish with the afterburner (5-minutes of Hell Challenge) and stretch routine. **YOU GOT THIS!**

Muscle Groups	Exercise Name	Suggested Reps	Rest Between Sets	Suggested Sets	Notes/ Key Points
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Active Warm-ups and Core Exercises

Start with a 5-10-minute walk, jog, elliptical or bike (optional)

Hips, Glutes	Step back reach and twists	6x	0	2 circuits	Perform all the active warm-ups in a circuit (2 times). Then complete 2 circuits of the 3 core exercises. Move from one exercise to the next with minimal rest.
Back, Shoulder	Spidermans	6 each	0	2 circuits	
Hips, Legs	Thoracic Rotations	6 each	0	2 circuits	
Core Exercises					Foam roll at the end of the 2 nd circuit of the core exercises if you have one.
Core	Dead-bugs	6 each	0	2 circuits	
Core, glutes	Bridges (2 legs)	10-15 reps	0	2 circuits	
Upper Back	Prone Y's	10-15 reps	0	2 circuits	
Any	Foam Roll (trouble spots)	3-5 mins	Try to roll 10x over trouble spots (quads, hamstrings, glutes)		

Strength Exercises

Order	Exercise Name	Suggested Reps	Rest Between Sets	Suggested Sets	Notes/ Key Points
1	DB Front Squats	AMAP in 30-seconds	30 seconds	1-3 circuits	Perform as many reps as possible of each exercise in 30 seconds, rest 30 seconds and then move to the next exercise. Try to push yourself to improve the number of reps you get in the 30 seconds. If you are using heavy weights set the interval for 20 seconds work and 40 seconds rest. If you are using lighter weights, try to push for 40 seconds of work and 20 seconds rest. The entire circuit will take 9 minutes. If you are more advanced, you can repeat the circuit another time or 2 (2 -3 circuits). Use good form and control each rep. After you complete your last circuit, perform the 5 minutes of Hell challenge.
2	Bent over DB Rows	AMAP in 30-seconds	30 seconds	1-3 circuits	
3	Chest Crushers	AMAP in 30-seconds	30 seconds	1-3 circuits	
4	Alternate Arm Bicep Curls	AMAP in 30-seconds	30 seconds	1-3 circuits	
5	Alternate Arm Shoulder Presses	AMAP in 30-seconds	30 seconds	1-3 circuits	
6	Lunges (alternate legs) - hold dumbbells	AMAP in 30-seconds	30 seconds	1-3 circuits	
7	Standing Overhead Tricep Extensions	AMAP in 30-seconds	30 seconds	1-3 circuits	
8	Rotational Planks	AMAP in 30-seconds	30 seconds	1-3 circuits	

Afterburner

5 Minutes of Hell Interval Challenge- Perform these 5 exercises for 30 seconds in a circuit. Repeat the circuit 2x with no rest between. Total time is 5 minutes. Try these exercises: crawls, side-to-side toe touches, mountain climbers, burpees, squat (holds). *(You can also choose your own exercises based on your preferences and available equipment, see other options below) **

Complete the workout by following one of the 4-minute Stretch and Foam Rolling Programs (Stretch #1)

R50 Crew/ Fireground Interval Workout

The Crew/ Fireground Interval workout is a perfect option for the firehouse to do with (or without) your crew. This can also be performed at home with minimal equipment. Whether at the firehouse or at home, this interval workout takes less than 30 minutes and can really boost performance in life and on the fireground. All you need to do is choose 6 different exercises that challenge your entire body (steps, drags, climbers, drags, core, sprints) and repeat them for 4 circuits. Make sure to start with the active warm-up exercises first.

When working out on-shift: Over the last couple of years, I have toyed with various workouts on shift; high intensity, heavy lifting, stretching only, and even some yoga. I have found that these crew interval workouts are not only very effective but a great way to incorporate fire ground movements and good for camaraderie. Start with the active Warm-up then choose your exercises and perform the circuit.

Muscle Groups	Exercise Name	Suggested Reps	Rest Between Sets	Suggested Sets	Notes/ Key Points
Active Warm-ups					
Start with a 5-10-minute walk, jog, elliptical or bike (optional)					
Hips, Glutes, back	Chops	6x	0	2 circuits	Perform all the active warm-ups in a circuit (2 times). Move from one exercise to the next with minimal rest.
Glutes, legs	Stand Knee Hug to lunge	6 each	0	2 circuits	
Hip flexor, hamstrings	Spidermans	6 each	0	2 circuits	
Hips, back	Knees side to side	6 each	0	2 circuits	
Low back	Thoracic Rotations	6 each	0	2 circuits	
Any	Foam Roll (trouble spots)	3-5 mins	Try to roll 10x over trouble spots (quads, hamstrings, glutes)		Foam roll at the end of the 2 nd circuit.
Create the Circuit...					
Directions for Circuit				Exercises to choose from	
<p>Step #1 Choose 6 exercises and perform 4 rounds or (See options in the next column)</p> <p>Step #2 Choose your work interval and rest interval times Depending on your available time and your level of fitness. Common work/rest interval times are:</p> <p>(30 seconds work/ 30 seconds rest)</p> <p>(30 seconds work/ 20 seconds rest)</p> <p>(40 seconds work/ 20 seconds rest)</p> <p>Step #3 Perform one of the 4-minute stretch and Foam Rolling programs (Stretch routine #2)</p>				<p>Bear Crawls</p> <p>Dumbbell Crawls</p> <p>Stairs</p> <p>Jacobs Ladder (if you have access to one)</p> <p>Crawl up stairs</p> <p>Drags</p> <p>Tire or sled push (power sled)</p> <p>Plate Pushes</p> <p>Carries- single hand or double hand, or</p> <p>Foam Bucket Carry (side or overhead)</p> <p>Sledges on a Tire</p> <p>Tire Flips</p> <p>Sprints</p> <p>Medicine Ball Slams</p> <p>Medicine Ball Wall Throws</p> <p>Battling Hoselines</p> <p>BURPEES</p> <p>Mountain Climbers</p> <p>Jump Rope</p> <p>Squat Jumps</p> <p>Thrusters (modified squat to press)</p> <p>Running Hills</p> <p>Punching Bag</p> <p>Side to side shuffles</p> <p>Side to Side Lunges</p> <p>Any Core Exercise- Plank, rotational plank, side plank, bird dogs, etc.</p>	

R50 Workout #2

You made it to #2. This is a great metabolic workout that will help you burn calories and improve your ability to recover on and off the fireground. You will perform two exercises back-to-back, then rest 30-60 seconds. Then repeat the superset 1 or 2 more times. Begin the workout with the active warmup and core exercises and make sure you finish with the 4-minute stretch. If you need to substitute exercises due to a lack of equipment there is a list included a couple of pages down. You got this!

Muscle Groups	Exercise Name	Suggested Reps	Rest Between Sets	Suggested Sets	Notes/ Key Points
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Active Warm-ups

Start with a 5-10-minute jog, elliptical or bike session

Upper body	Downdogs to Cobra	5x	0	2 circuits	Perform this circuit 2x. Foam roll or percussion gun after.
Back, hips	Spiderman w/ rotations	5x each	0	2 circuits	
Back, hams	Cross-overs	5x each	0	2 circuits	
Core	Bird-dogs	8x each	0		
Any	Foam Roll (trouble spots)	10x/spot for 2 or 3 minutes			

Strength Exercises

	Exercise Name	Suggested Reps	Rest Between Sets	Suggested Sets	Notes/ Key Points
1	Alternate Arm DB Chest Press	8-10 reps each	No rest	2-3	You will perform two exercises back-to-back, then rest for 30-60 seconds. Then repeat the superset 1 or 2 more times. For example: Do alt chest press then bent over rows then rest 30-60 seconds and repeat for a total of 2 or 3 sets. Then repeat with the next 2 exercises. If you want to test strength, choose a weight you can do 8-10 reps. If you want to work on more endurance, choose a weight that you can easily do for 12 to 15 reps. By the 3 rd set this weight should be challenging. Make sure you follow the rest intervals and keep good form. You can do this, challenge yourself each workout.
2	DB Bent Over 2 Arm Alternate Rows	8-10 reps each	30-60 seconds	2-3	
3	Wide Stance Sumo DB Deadlifts	10-12 reps	No rest	2-3	
4	DB Push Press	10-12 reps	30-60 seconds	2-3	
5	DB Skulls	10- 12 reps	No rest	2-3	
6	Captain Morgan Hammer Curls	5-6 reps each leg	30-60 seconds	2-3	
7	Plank Shoulder Touches	8-10 each side	No rest	2-3	
8	Single leg V-ups	8-10 each side	30-60 seconds	2-3	

[Bonus Afterburner- finish with a 4-minute Tabata](#)

4-minute Tabata Afterburner -- Choose 2 different exercises and switch between them every 20 seconds with 10 seconds of rest between for 4 rounds each (4 minutes total). If you want to focus on more cardio recovery, you can perform mountain climbers and burpees or row machine and treadmill. You can also use fireground movements and switch between them like sledges, drags, stairs or battling hoses.

An example Tabata (described after workout #2) is to perform toe tappers, mountain climbers, step ups and squat holds (arms up/ bent forward).

Complete the workout by following one of the [4-minute Stretch and Foam Rolling Programs \(#3\)](#)

FRF Recovery Workout

Functional mobility is the key to movement whether it be on the fireground or at home. This routine will help improve your mobility, increase strength, and even help with mental health and clarity. If you are feeling tired and run-down substitute this workout for other more intense ones. Perform the Recovery Warm-up Circuit 2x then move to the Mobility Exercises and perform that circuit 2x. Each circuit has 10 exercises that you will perform for 30 seconds. You can follow the video or perform on your own by setting an interval timer for 10 minutes, changing every 30 seconds. Move from one exercise to the next and repeat the circuit 2x. Feel free to add more time to the foam rolling at the end. Take deep breathes and enjoy!

Recovery Warm-up Exercise Circuit

Exercise	Reps/ Time	Notes
Wall Squats (arms down)	30 seconds	Have toes point out slightly about 3 inches from the wall. Lower your arms and squat down.
Inverted hamstrings (alternate legs)	30 seconds	Alternate legs every rep.
Step Back Reaches (alternate legs)	30 seconds	Alternate legs every rep.
(On floor) knees side to side feet up	30 seconds	Keep arms out, palms up. Rotate side to side.
Knees In and out (on back)	30 seconds	Keep legs hip width apart
Straight leg raises	30 seconds	Flex toes to the floor to get more stretch, alternate legs
Side Leg Raises	30 seconds	Perform all reps on one side
Other Side Leg Raises	30 seconds	Perform all reps on other side
Supermans (prone)	30 seconds	Hold feet up and keep arms parallel to floor
Bird Dogs	30 seconds	Alternate sides

Repeat the above circuit 2x (takes 10 minutes). If you are using an interval timer you will set 20 rounds for 30 seconds of work. After completing 2 circuits proceed on to the static stretching/ yoga portion.

Mobility/ Yoga Exercises

Exercise	Reps/ Time	Notes
Standing Forward Bend	30 seconds	Breath and reach down
Downward Dog	30 seconds	Push heels to floor
Childs Pose	30 seconds	Breath and relax to the floor
Kickstand	30 seconds	Move back and forth to find tight spots
Kickstand	30 seconds	Move back and forth to find tight spots
Forward Lunge Reach	30 seconds	Reach high for better stretch
Forward Lunge Reach	30 seconds	Reach high for better stretch
Sitting Piriformis Stretch	30 seconds	Relax upper body and breath
Sitting Piriformis Stretch	30 seconds	Relax your upper body and breath
Bear Plank	30 seconds	Hold the position, take deep breaths

Repeat the above circuit 2x (takes 10 minutes). If you are using an interval timer you will set 20 rounds for 30 seconds of work. After completing 2 circuits proceed to the foam rolling.

Foam Roll	5 mins (every 30 seconds) – focus on quads, hamstrings, glutes, and upper back/ chest	Instead of rolling the foam roller over your muscle, you want to “search and destroy” the tender spots in your muscles and <i>hold</i> (not roll) that pressure for a minimum of 30 seconds.
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R50 Progressive Workout

This is a progressive rep workout. This workout does not require a lot of equipment, just a place to do body rows and plate or set of dumbbells. Start with the active warm-up/ core exercises (repeat for 2 circuits) and then foam roll. After the foam rolling, start the timer and perform the 5 burpees, progress through the suggested reps and exercises until you complete the 30 second plank. Following the plank perform some type of cardio exercise that boosts the heart rate (run stairs, sprints, jump rope, crawl, or do step-ups for 2-minutes). ***Repeat the progressive circuit as many times as you can in 25-minutes.***

Active Warm-ups and Core

Muscle Groups	Exercise Name	Suggested Reps	Rest Between Sets	Suggested Sets	Notes/ Key Points
Hips, Glutes	Chops	6x	0	2 circuits	Perform all the active warm-ups/ core exercises in a circuit (2 times). Move from one exercise to the next with minimal rest. Foam roll at the end of the 2 nd circuit of the core exercises
Back, Shoulder	Side to side lunge	6 each	0	2 circuits	
Hips, Legs	Groiners	6 each	0	2 circuits	
Glutes, back	Glute Bridge (single leg)	6 each	0	2 circuits	
shoulders	Hitchhikers (kneeling)	12x	0	2 circuits	
Any	Foam Roll (trouble spots)	3-5 mins	Try to roll 10x over trouble spots (quads, hamstrings, glutes) pr use a massage/ percussion gun.		

Order	Exercise	Reps	Rest	Sets	Notes
1	Burpees with narrow push-up	5	Minimal	4 or 5 circuits	Follow the suggested reps of each exercise. Perform the exercises in a circuit with minimal rest between (rest when needed). After the 2-minute cardio exercise rest as needed (or not) then repeat. See how many circuits you can complete in 25-minutes. At the 25-minute mark you are done... Finish with a FRF 4-minute stretch routine.
2	Floor to Ceiling Press (25% bodyweight)	10	Minimal	4 or 5 circuits	
3	Body Rows/ Pull-ups	15	Minimal	4 or 5 circuits	
4	OFFSET Weighted Lunges	20 (10 each leg)	Minimal	4 or 5 circuits	
5	Push ups	25	Minimal	4 or 5 circuits	
6	Planks	30 seconds	Minimal	4 or 5 circuits	
Run Stairs, run/jog, bike, jump rope, or some other form of cardio activity for 2 minutes					

*****Rest 1 minute (or do not) and repeat as many times as you can in 25 minutes.***

*****Try to complete 4 entire rounds. *****

**Complete the workout by following one of the 4-minute Stretch and Foam Rolling Programs –
FRF Stretch Routine #4**

FRF R50 Cardio

This is a great day for a run. If you are a runner, go for a run! If you like to bike, give that a go, maybe you want to do some stairs. The goal of this workout is to do a longer bout of cardio (around 25-30 minutes). Perform the three warm-up exercises and some foam rolling and then go do 30 minutes of cardio. At the completion of your cardio give your body and muscles a break and perform some easy stretches (4-minutes). A lot of this workout will depend on how you are feeling. If you are sore, you may just want to do a light walk and the yoga routine. If you are feeling strong, energized, and ready to go then work hard through your cardio. Do not skip the stretches at the end, it will energize you!

Active Warm-ups and Core

Muscle Groups	Exercise Name	Suggested Reps	Rest Between Sets	Suggested Sets	Notes/ Key Points
Hips, Glutes	Step forward toe reaches	6 each	0	1-2 circuits	Perform all the exercises in a circuit (2 times). Move from one exercise to the next with minimal rest. Foam roll at the end of the 2 nd circuit of the exercises
Back, Shoulder	Spidermans	6 each	0	1-2 circuits	
Hips, Legs	Cross Overs	6 each	0	1-2 circuits	
Any	Foam Roll (trouble spots)	3-5 mins	Try to roll 10x over trouble spots (quads, hamstrings, glutes)		

- Perform 25-30 minutes of moderate level cardio exercises (run, bike, stairs, elliptical)

Have good foot ware if you are running. Make sure to warm-up and foam roll. Finish with the yoga routine below.

After you complete your cardio, perform each movement that you did during the active warm-up. Hold each stretch for 20 seconds instead of the 2-3 seconds that you do for the active warm-up.

Follow this program:

Step forward reach and stretch for 20 seconds
 Step forward and stretch- other leg for 20 seconds
 Spiderman right leg for 20 seconds
 Spiderman left leg for 20 seconds
 Crossover right leg for 20 seconds
 Crossover left leg for 20 seconds

Repeat this circuit again for a total of 4 minutes.
 You can add more time for each stretch if you have the time...

****You can finish the workout with foam rolling and more stretching if you would like ****

The FRF 343 Challenge Workout

This “tribute” workout is difficult but has a great significance to September 11th. The goal is to complete the run or step intervals and all 343 reps. You can choose to run, walk, or climb steps between exercises. You can break the reps into sets. It may take you 5 sets of 10 reps or as you get more fit, 2 sets of 25 reps. Start with the active warm-ups and foam rolling... then get after it.

Muscle Groups	Exercise Name	Suggested Reps	Rest Between Sets	Suggested Sets	Notes/ Key Points
Active Warm-ups and Core Circuit					
Start with a 5-10-minute jog, elliptical or bike session (optional)					
Hips, low back	Y squat	10x	0	2 circuits	Perform the warm-up exercises in a circuit. You only need to perform them 2x each, go right from one exercise to the next.
Hamstrings, calves	Step forward reach	5 each	0	2 circuits	
Hips, legs	Inverted Hamstrings	5 each	0	2 circuits	
Total body	Spidermans	5 each	0	2 circuits	
Chest, shoulders	Knees side (feet up)	5 each	30 sec	2 circuits	
Any	Foam Roll (trouble spots)	10x/ spot	Hit the quads, glutes, calves, and hamstrings...		

Strength Exercises

Weight (if any)	Exercise Name	Suggested Reps	Rest Between Sets	Suggested Sets	Notes/ Key Points
	Prisoner Squats	50	minimal		Perform all the reps of these exercises then run, jog, walk, climb stairs, or jump rope (for 2 minutes). You can break the reps up into different sets. It may take 5 sets of 10 reps the first couple times, then go to 2 sets of 25 as your fitness improves. Choose the activity (run, steps, walk) based on your level of fitness and/or available equipment. The goal is to complete all the all reps and run/ step intervals fastest time possible.
	Run, jog, or climb stairs, jump rope (for 2 minutes)	Up to 2 minutes	minimal		
	Body Rows	50	minimal		
	Run, jog, or climb stairs, jump rope (for 2 minutes)	Up to 2 minutes	minimal		
	Push-ups	50			
	Run, jog, or climb stairs, jump rope (for 2 minutes)	Up to 2 minutes	minimal		
	Plank Pulses	50	minimal		
	Run, jog, or climb stairs, jump rope (for 2 minutes)	Up to 2 minutes	minimal		
	Lunges	50	minimal		
	Run, jog, or climb stairs, jump rope (for 2 minutes)	Up to 2 minutes	minimal		
	Bent-over Y raises	50	minimal		
	Run, jog or climb stairs, jump rope (for 2 minutes)	Up to 2 minutes	minimal		
	Burpees	43	minimal		

Do not forget to record your total time and try to improve from workout to workout...

Variations: You can vary the workout based on your available equipment—run bleachers or do step ups or go for a walk or run. You may also want to cut the reps in half and perform half of time for the run/ walk or steps. I encourage you to make the workout significant to yourself, your crew, your department. This is a fantastic way to honor and remember those that sacrificed on this day.

Finish with the FRF 4-minute Stretch Routine #3

FRF and R50 Nutrition Basics

You have the freedom to choose any diet you like for the R50 Challenge, or you can opt to adhere to the FRF guidelines for nutritious eating. Here's a quick summary of the FRF Healthy Eating Plan:

- ✓ **Hydrate!** Water is involved in every type of cellular process in your body, and when you're dehydrated, they all run less efficiently -- and that includes your metabolism. Think of it like your car: if you have enough oil and gas, it will run more efficiently. It's the same with your body. It's also very difficult for the body to tell the difference between hunger and thirst. So, if you're walking around feeling a gnawing sense of hunger, you might just be dehydrated. Try drinking a glass of water instead of grabbing a snack. The R50 Challenge requires you to intake at least 80 ounces per day.

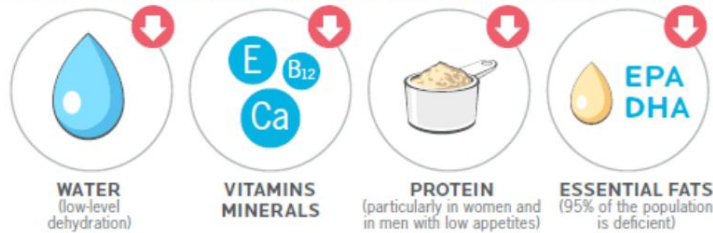
- ✓ **Cut the Crap!** The goal of this challenge is to foster life-long changes to help you improve as a first responder and person. Nutrition plays a huge part in your health and overall wellness. I believe that the simplest approach is often the best one. But don't confuse simple with ineffective! The FRF nutrition method promotes avoiding refined foods and focusing on eating a balanced diet of wholesome food from all food groups. Now, you may choose to follow a different diet plan, which is fine. But it must at least fulfill these requirements.
 - **Eat slowly and serve on smaller plates.** We have a history of eating quickly in the firehouse. This can lead to overeating due to the fact that it can take 10-15 minutes for the stomach to queue the brain. So, to combat that overeating feeling, slow down when you are eating and wait at least 10 minutes before going back for seconds. And serve on a smaller plate. The lack of empty space on the plate makes your brain think there is more food. [Click here for a great article on this phenomenon.](#) There are some additional tips about servings and calories on the following pages.
 - **Avoid added sugars!** The average American consumes almost 88 grams of added sugar a day, which amounts to an extra 350 calories. While we sometimes add sugar to food ourselves, most added sugar comes from processed and prepared foods. Sugar-sweetened beverages and breakfast cereals are two of the most serious offenders! It is imperative that you start reading labels and understanding how much sugar is added in foods. Aim to intake only 30-35 grams or less of added sugar a day.
 - **Eat fruit and vegetables.** Your mom was right! A diet rich in vegetables and fruits can lower blood pressure, reduce the risk of heart disease and stroke, prevent some types of cancer, lower risk of eye and digestive problems, and have a positive effect upon blood sugar, which can help keep appetite in check. Aim for 4-5 servings a day.
 - **Include lean proteins with every meal.** Lean protein consumption plays a pivotal role in overall health and well-being. Proteins are the building blocks of our bodies, necessary for the growth and repair of muscles, tissues, and vital for the production of enzymes and hormones. Incorporating lean proteins, such as chicken, turkey, fish, eggs, tofu, legumes, and low-fat dairy products into our diet, can help to reduce body fat, improve muscle mass, regulate blood sugar levels, and enhance heart health.

FRF NUTRITION 101



STEP #1 - Identify and remove nutritional deficiencies

COMMON DEFICIENCIES AMONG FIRST RESPONDERS



CORRECTING DEFICIENCIES: WHERE WE BEGIN



When we don't get the nutrients we need, we suffer.
As soon as we start eating them regularly, we thrive.

STEP #2 - Understand and control portions

PORTION CONTROL GUIDE

SKIP CALORIE COUNTING. TRY THIS METHOD INSTEAD.

Most people think controlling portions means counting calories or macros, but we think there's another way. Try our (much easier) hand portion system.



YOUR HAND IS YOUR PORTIONING TOOL

Your hand is proportionate to your body, its size never changes, and it's always with you, making it the perfect tool for measuring food and nutrients—minimal counting required.



A portion of protein =
1 palm



A portion of
vegetables = 1 fist



A portion of carbs =
1 cupped hand



A portion of fats
= 1 thumb

Calorie Control: A Simple Guide

FOR WOMEN

Calorie counting is often complicated, tedious, and inaccurate. So, at Precision Nutrition, we've come up with an easier way to control calories. No weigh-scales or measuring cups. No calculators or smart phones. Just the ability to count to two.

And your hand. To build your meals:



1 palm of protein dense foods with each meal



1 fist of vegetables with each meal



1 cupped handful of carb dense foods
with most meals



1 entire thumb of fat dense foods with most meals

Note: Your hand size is related to your body size, making it an excellent portable and personalized way to measure and track food intake.

Also note: Just like any other form of nutrition planning, this guide serves as a starting point. Stay flexible and adjust your portions based on hunger, fullness, and other important goals.



Calorie Control: A Simple Guide

FOR MEN

Calorie counting is often complicated, tedious, and inaccurate. So, at Precision Nutrition, we've come up with an easier way to control calories. No weigh-scales or measuring cups. No calculators or smart phones. Just the ability to count to two.

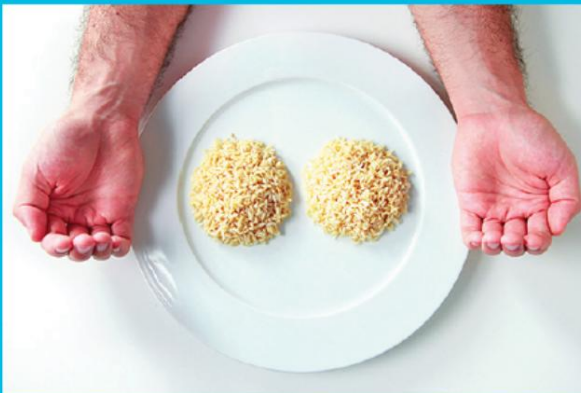
And your hand. To build your meals:



2 palms of protein dense foods with each meal



2 fists of vegetables with each meal



2 cupped handfuls of carb dense foods
with most meals



2 entire thumbs of fat dense foods with most meals

Note: Your hand size is related to your body size, making it an excellent portable and personalized way to measure and track food intake.

Also note: Just like any other form of nutrition planning, this guide serves as a starting point. Stay flexible and adjust your portions based on hunger, fullness, and other important goals.



FRF Challenge- Mindfulness Exercises

There are some great resources available in the FRF App portal with links to videos that can be very helpful in managing stress and anxiety. Here are three very short yet effective ways to start integrating more “mindfulness” into your day.

The 3-Minute Breathing Space Exercise

To start, try one small exercise to move your mind in a better direction. In just three minutes, you’ve completed your first mindfulness exercise.

Here are the 3 steps to complete this 3-minute exercise:

- During the first minute, begin breathing and focus on answering the question “how am I doing right now?” Focus on any feelings, thoughts, and sensations that arise.
- During the second minute, focus solely on the act of breathing.
- During the third minute, expand your attention from the act of breathing to the ins and outs of your breaths and how they affect the rest of your body.

Perform Acts of Kindness

Research shows that daily acts of kindness are a simple way to boost happiness and they don’t have to be big. What matters is that you’re deliberate about it. Try to set a goal to be kinder to others and to perform one or two acts of kindness throughout the day. Helping others can also improve our support networks and encourage us to be more active. This, in turn, can improve our self-esteem and creates a sense of belonging and reduces isolation.

- Hold the door for someone
- Complement someone at work or on your crew
- Cook someone or the crew a healthy meal
- Reach out to an old friend to see how they are doing
- Say hello to everyone in the grocery store

These do not have to be very big acts although they can be. The research also shows that those that volunteer and donate time and money live longer and are happier. Start small and work your way up. Be consistent in being kind, it can change your life.

Be Grateful

In positive psychology research, gratitude is strongly and consistently associated with greater happiness. Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships. Like most good habits, expressing gratitude can take some practice. You don’t need to dedicate a large amount of time to enjoy the benefits of expressing gratitude. Here are a few different ways you can incorporate gratitude into your daily routine.

Mindful walk -For this exercise, set aside 15 minutes each day to take a stroll outside. As you’re walking, make a mental note of all the positive things you notice around you, including sights, sounds, smells and other sensations

Gratitude jar - Each day, write down at least one thing that you’re grateful for. Drop each slip of paper into the jar. At the end of the week or month, review them with a loved one.

Writing or journaling - Journaling is a great way to practice gratitude. Write down some positive events of the day, talents, or qualities you are grateful for. Write about the top 3 things you love about your home, job, crew, or town.

Appreciation notes - If journaling feels like too much, try keeping quick notes instead. You can use a notebook, phone app, or post-it notes to keep track. Jot at least one thing down every day. It can be as simple as something funny you saw today or something nice someone did for you. Write down any positive thought, memory or action that comes to mind (no matter how small).

**THERE IS NO
SECRET FORMULA.
WORK HARD,
EAT RIGHT,
FOLLOW YOUR PLAN,
GET FRF
(FIRE RESCUE FIT)**

