



## FITNESS TIPS AND RESOURCES

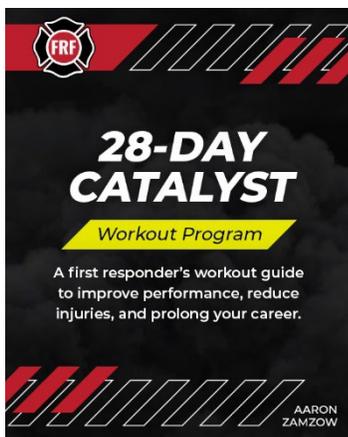
Helping First Responders perform better on and off the job.

Powered by: Fire Rescue Fitness

**The First Responder Center for Excellence strives to provide great resources for you and your crew. Please read, apply, and share this great information.**

### Improve your Strength, Mobility, and Performance this Spring

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Looking for a functional and effective fitness program that is made to help first responders improve their fitness? Fire Rescue Fitness is giving FRCE supporters access to a FREE 28-day Fitness and Nutrition Program. The program places emphasis on using mobility, core, and strength exercises to improve performance, reduce injuries, and prolong your career. The program also integrates creative ways to improve your cardiovascular fitness by using intervals and functional fireground movements. And program access also includes resources on nutrition and mental health. Increase your functional strength, lose weight, and improve your overall health with this program. Good for any level of fitness.

[Click here to gain access to the FRF 28-day Catalyst Workout for FREE](#)

### Improve Upper Body Strength and Performance with this Movement

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What makes an exercise "functional" for firefighters, EMTs, and medics? This is a complex question but can be simplified by asking whether the exercise is going to transfer to an improved performance on or off the fire/ rescue scene. Here is a great exercise to work the postural muscles of the shoulders, upper back, and core which can help transfer to hoisting equipment and ladders. [Click here to read more about the proper technique to perform the kneeling DB shoulder press.](#)

# Get Outside and Move to Improve Fitness

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Spring is here (maybe). Get outside and start to move. Outdoor activities are a proven way to improve your health and increase daily activity. Getting outside, even when it is not an official “workout” can have positive effects on both your physical and mental health. [Click here for some great outdoor activity ideas.](#)

## Row, Row, Row to Better Performance and Fitness!

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Rowing has grown exponentially in popularity the last five years. Rowing can be a great total body aerobic and/or anaerobic exercise, when done properly. The emphasis should be placed on “when done properly.” What does that mean? As with any workout modality, there is a risk of injury if done improperly. To ensure proper form, click the link and review the essentials of good rowing form. [Click here for an informative video demonstrating proper rowing technique.](#) And, here is a video highlighting common rowing technique errors and suggestions for drills to fix them [\(click here\).](#)

# Increase Focus, Reduce Stress, and Improve your Overall Mental Health and Well-being.

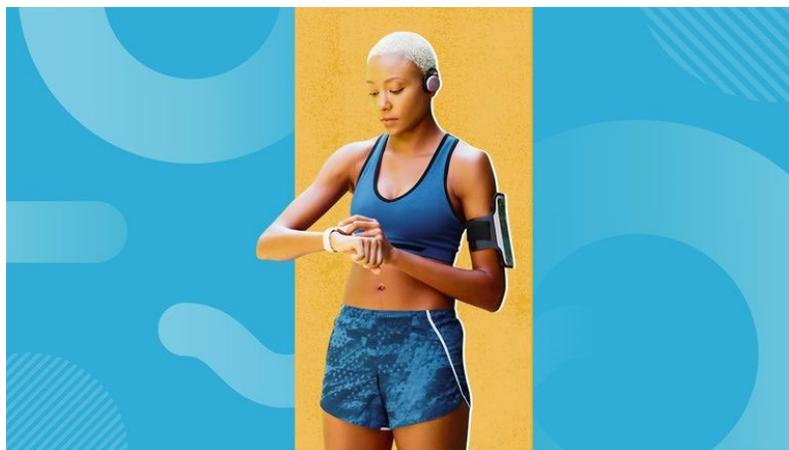
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The Healthy Minds Program is a free, donation-based app that can offer you scientifically researched and backed exercises and resources that help improve your overall health and wellness. The app offers podcast style lessons and active meditations that will enable the user to develop skills for training the mind to be healthier and able to take on the always changing and challenging aspects of life leading to better overall health. The research was done right here in Madison by world renowned neuroscientist, Dr. Richard Davidson at the University of Wisconsin-Center for Healthy Minds. [To learn more and to download the free app, click here.](#)

## Trends in Wearable Technology

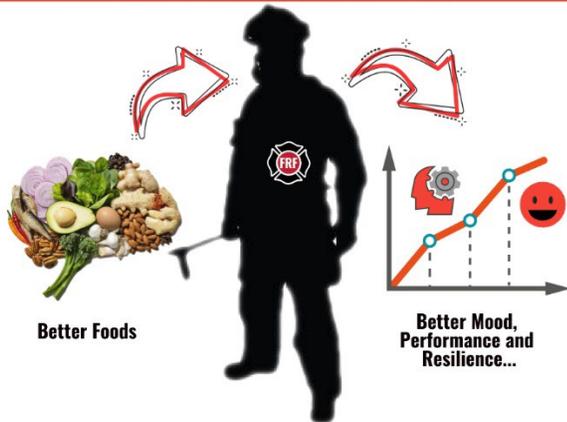
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Wearable fitness technology is a great way to track your level of fitness and hold yourself personally accountable for your health. It can also be a motivator for getting active. From smart watches to recovery lights, this tech can provide a lot of benefits. [Click here for a list of some the current and upcoming wearable technology that might help you stay and get more fit for duty.](#)

# HEALTHY NUTRITION LEADS TO MORE RESILIENT FIRST RESPONDERS

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Most firehouses are filled with great cooks and tasty foods. But, before you reach for that pastry or baked good or chips and soda, ask yourself if this is going to help you feel better, think more clearly, and perform better? The food you eat on your shift can either help or hinder your performance and your ability to deal with the stress of the job. [Click here for a great article that explains the relationship](#)

## WHAT ARE THE BEST DIETS OF 2022?



There are hundreds of different diet plans on the market. Some can be classified as a diet; others like to be called “eating plans.” Regardless of the terminology there are different ways to approach your nutrition. Have you ever wondered how they all measure up (weigh-in) against each other? Here is a great report that analyzes the top diet plans and programs. [Click here to check it out and see if any would be a good fit for your lifestyle.](#)

# Health and Fitness Drill. Early Cancer Detection Can Save Your Life!

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Occupational cancer is a critical issue facing the nation's firefighters. Members of the fire service have a 9% increased risk of developing cancer and a 14% greater risk of dying from cancer than the general public. Prevention methods improve your chance of staying healthy. Early detection improves your chance of survival. [DetecTogether](#) is a non-profit organization that teaches you how to seize the power of early detection with the 3 Steps Detect program. This program is FREE and can be taken online with your crew. Learn the essentials of early cancer detection, [click here to register and take the course.](#)

**Are you physically and mentally ready to do what is required?**

