



Firefighter Functional Fitness Workshop



Hutto Fire Rescue is proud to announce that we will be hosting an 8-hour workshop brought to you by the instructors and founders of Firefighter Functional Fitness.

When: March 22, 2024, 0800-1600

Where: Hutto Fire Rescue Station #1 501 Exchange Blvd. Hutto, TX 78634

Cost: \$250.00, payable by check or money order. *Please make checks payable to Hutto Fire Rescue.*

Please read below for more information on the program from the Firefighter Functional Fitness team:

About the program: This program is based on the comprehensive approach found in the best-selling book *Firefighter Functional Fitness: The Essential Guide to Optimal Fireground Performance and Longevity*.

Our presentations are interactive, in-depth, and humor filled. Every program is based on the framework of our *4 Pillars of Functional Fitness*: 1) *Physical Fitness*, 2) *Rest and Recovery*, 3) *Hydration*, and 4) *Nutrition*. We cover each topic in depth.

Within Pillar #1, we share our concept, "**The Big 8 of Firefighter Functional Fitness**" in which we move away from the traditional focus on muscle groups and teach attendees to focus on exercises and movements that are functional for the job of firefighting. The Big 8 consists of: Core Strength, Cardiovascular Capacity, Flexibility, and 5 functional strength areas: Push, Pull, Lift, Carry, and Drag. For each component (and each pillar) we provide the "What-Why-How," including demonstrations, attendee participation etc. Depending on length of program, classroom group activities, workouts and specific modules such as kettlebells, deadlifting, squatting, TRX/Suspension straps, cable crossover, flexibility/stretching, crawling, battle rope variations, resistance bands, bodyweight exercises, foam rolling, and functional yoga are included as well.

Rest and Recovery is broken down further into active and passive recovery. Examples are provided for improving both recovery from training as well as improving passive rest and how proper sleep positively impacts us physically and mentally.



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Hydration is covered in depth, including a discussion of the physiological and cardiovascular effects of dehydration. We give practical tips on how to proactively stay hydrated and the importance of hydration as a means to reduce cancer risk.

Nutrition is discussed based on our philosophy that "food is fuel." We must put the right foods, in the right amounts in our bodies to stay healthy and perform at optimum levels. Common-sense tips for improving nutrition and what to avoid are shared, as well as practical meal planning ideas and relevant industry research.

All of our sessions also include a very candid discussion of the cardiovascular health epidemic in the fire service backed with peer reviewed research from leading fire service health and fitness scientists, doctors, and researchers, as well as a motivation section called: *Attitude-Accountability-Action*, which forms the foundation of everything else we teach.



This workshop is approved for CEC's for up to half of the **Fit to Thrive's (F2T) Peer Fitness Trainer** recertification (formerly ACE Peer Fitness Trainer).



Please contact Captain Caleb Saunders at csaunders@huttofireresuce.org for any questions and to sign up.