



# Essential Components of a Fire Service/EMS Fitness Program

## *Does your fitness program measure up?*

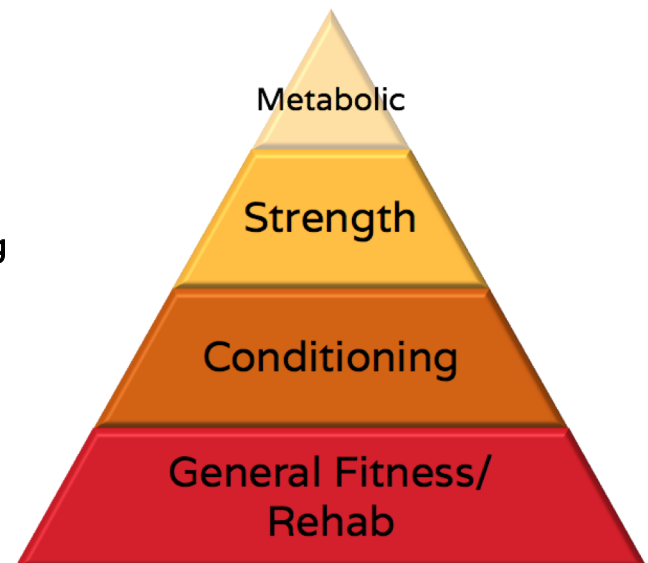
Firefighters and EMS personnel are in a very a physical and demanding career. Attributes required for the position are strength, muscular endurance, core/grip strength and the ability to recover quickly both physically and mentally.

The challenge that emergency service departments must overcome is creating and supporting a fitness program that can efficiently and effectively meet all the physical demands of the position, increase capabilities, and improve commitment to safe fitness training without injuring or diminishing the physical function of the first responder while on duty.

There is no single, perfect program for first responders. However, the 7710 Insurance SHIELD fitness program is based on five core components of a viable and effective exercise regimen, and has been tailored specifically for the emergency services industry.

Our SHIELD team will work with you to ensure that your program:

1. Optimizes for sound hierarchy of training and science.
2. Focuses on core strength and balance.
3. Includes cardiovascular conditioning and recovery training.
4. Adjusts for full-body functional strength exercises.
5. Includes an active warm-up and flexibility training.



Current 7710 Insurance customers can download the full SHIELD fitness and workout guide for emergency services personnel in the portal on our website.