

GET

FIT FOR
DUTY

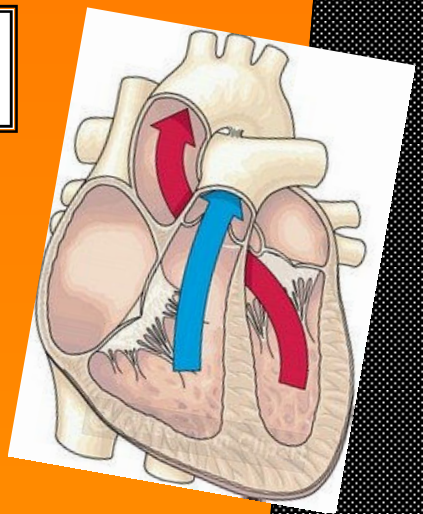


Committed to Fighting Fires... Committ to your Health!

70% of Heart Disease Deaths are preventable through lifestyle changes.

WE NEED TO BE “CONDITIONED”
TO DO OUR JOB!

Examine yourselves as:
“TACTICAL ATHLETES”



Jackson City Firefighter Todd Keim



Jackson City Fire Captain Robert Layman



Jackson City Firefighter
Justin Smith

DEVELOP GOOD
EATING HABITS!

- Performance Enhancement
- Injury Prevention
- Faster Recovery of Injuries
- Morale and Confidence Boost
- Stress Relief



Bradley Co. Fire Rescue personnel says, “the key is selecting a place to eat who serve a “healthy menu.”

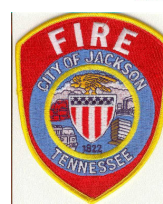


Lt. DeWayne May, Bradley Co. Fire Rescue, encourages his crew to eat a healthy lunch.

MUTUAL AID



Bradley County
Fire-Rescue



National Fallen
Firefighters
Association