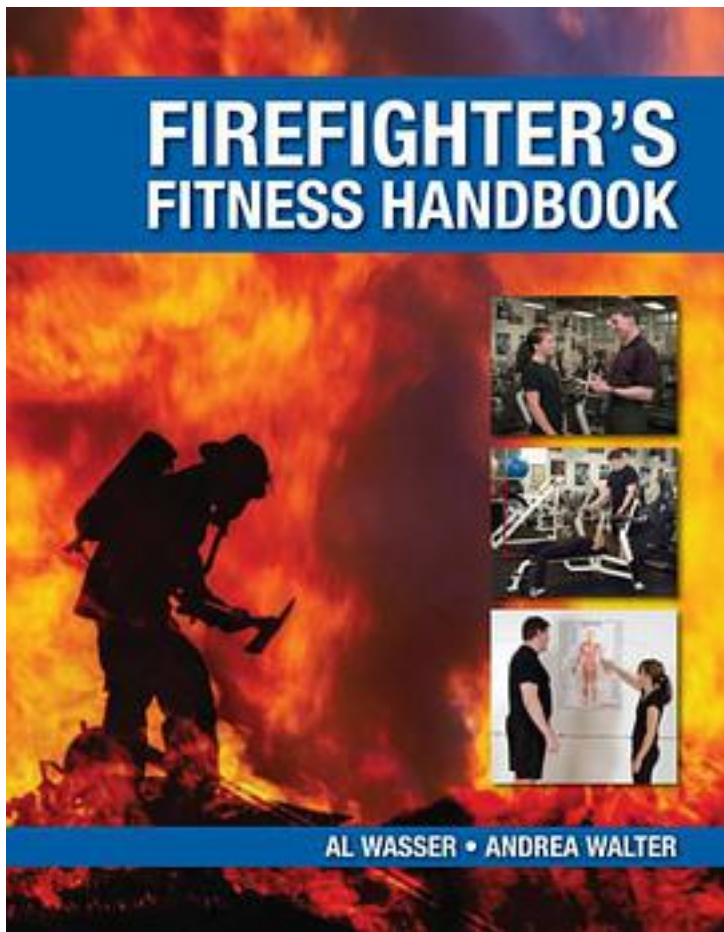


# The Firefighter's Fitness Handbook



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Promote good health and safe practices in your fire department with the simple fitness program outlined in THE FIREFIGHTER'S FITNESS HANDBOOK. Beneficial to the both the individual firefighter, as well as the entire department, this book provides a total

health evaluation and fitness program designed specifically for firefighters. This book focuses on the special needs of the firefighter and is Built around the joint labor management Wellness-Fitness Initiative (WFI) and compatible with both the NFPA standard 1583, and the 16 Firefighter Life Safety Initiatives. The book begins by covering the stress levels and physical risks inherent to the job itself, then identifies the principles of successful fitness program design to help firefighters evaluate their own health and fitness levels and program goals. Proper nutrition, the importance of mental training, and a look at common firefighter injuries illustrates the critical role that physical fitness plays in the success and well-being of our nations firefighters.

作者介绍:

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