

Fit  
RESPONDER

# Fit RESPONDER

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*A Comprehensive Fitness and Wellness  
Plan for the First Responder*



[www.FitResponder.com](http://www.FitResponder.com)  
[www.BillScibetta.com](http://www.BillScibetta.com)



# Integrating Health and wellness into your Public Safety Career

## The Fit Responder Program

# Objectives

- Stress management
- Sleep pattern interruption
- Nutrition
- Supplementation
- How poor posture is effecting your health.

**DANGER**



**CONFORMITY  
HAZARD**

**CONTAINS POSSIBLY NEW INFORMATION  
WHICH MAY STIMULATE INDEPENDENT THOUGHT**

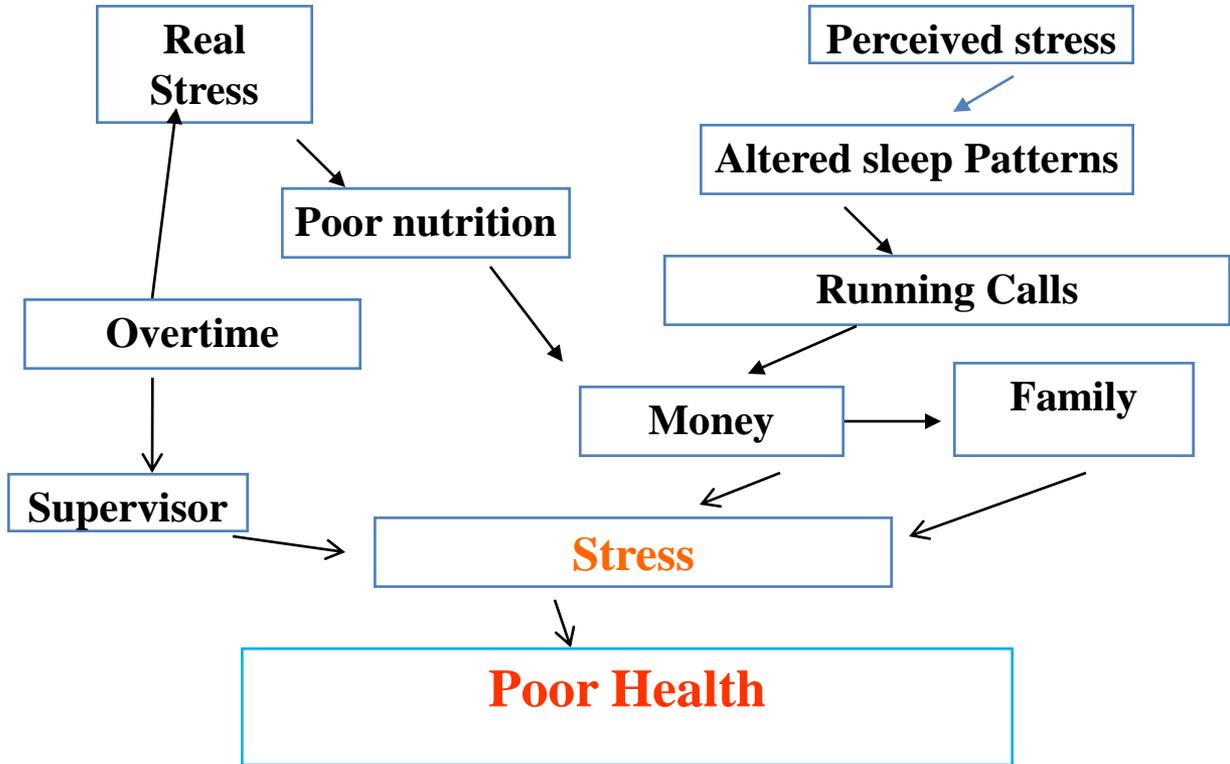
# Stress

- The stress response is the body's mechanism of protecting itself from a threat to its wellbeing.
- Fight or flight response aka. Sympathetic vs. parasympathetic.

# Stress

- The stress mechanism functions just as it did in the caveman days. The problem is that the stress response does not discriminate a real threat from a perceived threat.
- Studies show that long-term activation of stress symptoms can be hazardous and even have a lethal effect on your body.

**Public Safety / EMS**



# Physical Symptoms of Stress

Sleep disturbances

High blood pressure

Muscle tension -  
Back, shoulder or neck pain.  
tension or migraine headaches.

Skin problems  
(hives, eczema, psoriasis, itching)

Upset or acid stomach, cramps,  
heartburn, gas, irritable bowel  
syndrome, constipation, diarrhea

Immune system suppression:  
more colds, flu, infections

Irregular heartbeat, palpitations

Asthma or shortness of breath, chest  
pain.

Sweaty palms or hands, cold hands or  
feet

Weight gain or loss, eating disorders

Fatigue

Hair loss

Periodontal disease, jaw pain

Reproductive / sexual problems

# Emotional Sx of Stress

Nervousness / Anxiety

Memory problems

Depression

Lack of  
concentration or focus

Moodiness / Irritability

Substance abuse

Phobias

Feeling out of control

# Diseases attributed to stress

Heart disease

Obsessive-compulsive or  
Anxiety Disorder

Cancer

Depression

Ulcers

Substance abuse

Diabetes

Hair loss

Obesity

Tooth and gum disease

# Managing Stress

- Exercise
- Breathing
- Nutrition
- Visualization
- Hobbies

# Managing Stress through Exercise

## Benefits of exercise:

1. Exercise improves your mood.
2. Exercise combats chronic diseases.
3. Exercise helps you manage your weight.
4. Exercise strengthens your heart and lungs
5. Exercise promotes better sleep
6. Exercise can put the spark back into your sex life
7. Exercise can be..... **fun!**

# Managing Stress through breathing

- Increase oxygen uptake.
- Slow heart rate and relax muscle.
- Progressive relaxation through controlled breathing.

# Managing Stress through nutrition

- Power foods
- Anti-oxidants / Healing foods
- Brain food
- Homeostasis through balanced intake

# Managing Stress through nutrition

- What's in Bryans Cooler for a shift?

# Power Foods

## Fruits/Veggies

oranges

cantaloupe

apples

chili peppers

sweet potatoes

berries

watermelon

avocado

spinach

tomatoes

# Power Foods

## Dairy/Protein

low fat or skim milk

salmon

chicken

peanuts

beans

low fat yogurt

tuna

almonds

walnuts and

hazelnuts

eggs

# Power Foods

## Grains

Whole wheat bread

Whole wheat bagels

Brown and black rice

Oatmeal

# The Famous Good vs. Bad Food List

## **BAD**

Meat Pizza  
Plain 'white' bagel  
White bread  
Mayonnaise  
Cookies  
Soda  
Fried foods  
Burger

## **GOOD**

Vegetable Pizza  
Whole Wheat bagel  
Whole wheat  
Mustard  
Fruit  
Water  
Baked-broiled-grilled  
GRILLED chicken sandwich

# The Famous Good vs. Bad Food List

## **BAD**

Fries  
Baked potato  
White rice  
Creamy salad dressing  
Roast beef  
Ice cream  
Cheese  
Bacon or Sausage  
Milk  
Chips  
Candy Bar

## **GOOD**

Salad / fruit  
Sweet potato / yam  
Brown rice  
Oil based salad dressing  
Turkey or lean ham  
Frozen yogurt  
No cheese  
Turkey Bacon or Sausage  
Skim or soy milk  
Pretzels  
Protein or energy bar or  
Raisins

# Antioxidants

- A chemical compound or substance that inhibits oxidation.
- Antioxidants are chemical compounds that can bind to free oxygen radicals preventing these radicals from damaging healthy cells.
- So what are oxidizers?

# Antioxidants

1. BERRIES
2. BROCCOLI
3. TOMATOES
4. RED GRAPES
5. GARLIC
6. SPINACH
7. TEA
8. CARROTS
9. SOY
10. WHOLE GRAINS

# Managing Stress through visualization

- Guided relaxation
- Progressive relaxation

# Managing Stress through distraction

- Laughter
- Reading
- Hobbies

# Supplements

- Vitamins/minerals
- Protein powders / Meal replacement powders
- Protein bars
- 'Vitamin' drinks

# Sleep on It

- Sleep deprivation and sleep disorders are estimated to cost Americans over \$100 billion annually in lost productivity, medical expenses, sick leave, and property and environmental damage (NationalSleepFoundation).
- shift workers who had worked in that method for 15 years or more were 300% more likely to develop ischemic heart disease.

# Sleep on It

- working the night shift has become associated with higher rates of cancer.
- The International Agency for Research on Cancer, part of the World Health Organization, lists night work as a "probable cause" of cancer

# Effects of Sleep Deprivation

- Impaired memory, concentration, and ability to learn.
- Poor decision-making, poor judgment, increased risk-taking.
- Impaired immune function and increased incidence of diseases such as obesity, diabetes, hypertension, and heart disease.
- Physical impairment, poor coordination and delayed reaction time (increased risk of motor vehicle accidents)

# Effects of Sleep Deprivation

- Exacerbation of the symptoms of ADHD, including impulsive behavior, irritability, and lack of concentration.
- Magnification of the effects of alcohol on the body.
- Anxiety, depression, and other emotional problems.

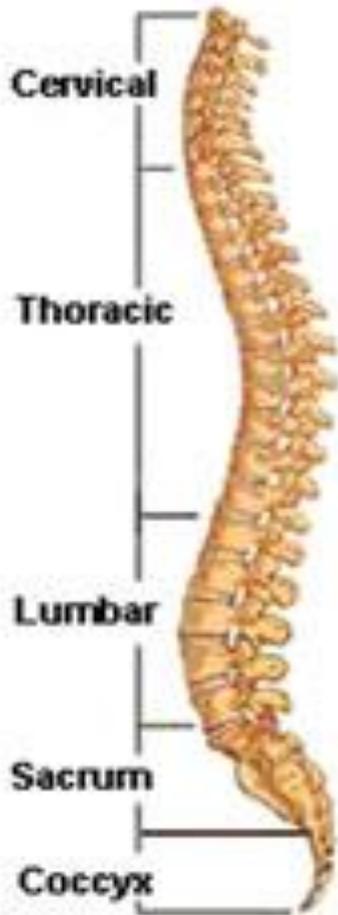
# Napping

- Generally not a problem with fire and EMS crews.
- Many benefits of short power naps.

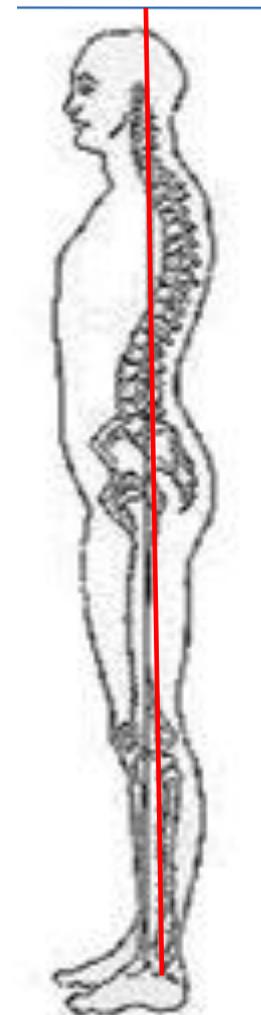
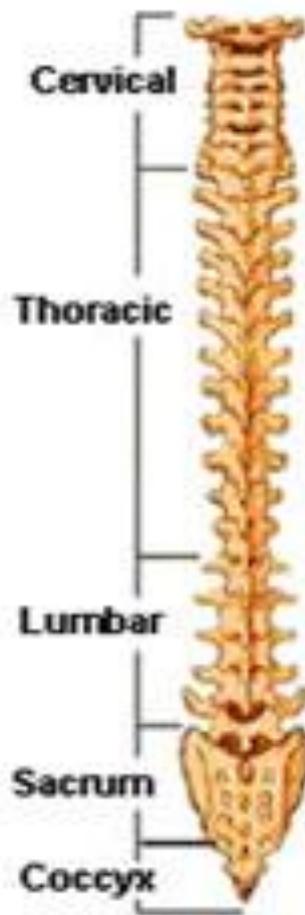
# It All Starts with Posture

- Mom was right sit up straight!
- Neutral posture aka. The plumb line
- Posture basics
  - head wt., compressive forces on the joints/spine.
  - load on impact (stepping up/down, walking, lifting)

**Lateral (Side)  
Spinal Column**



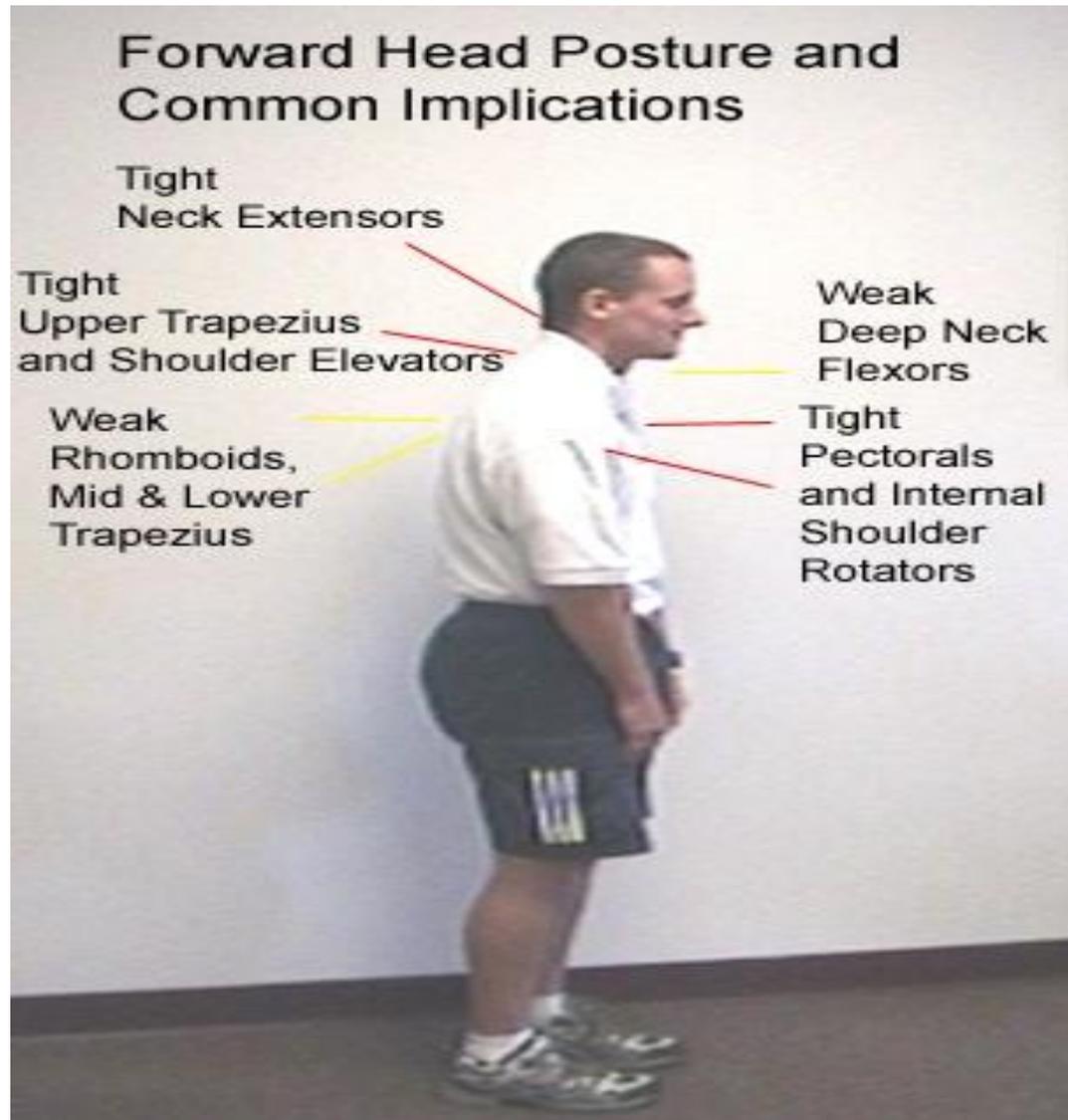
**Posterior (Back)  
Spinal Column**



# It All Starts with Posture

- Chronic Postural distortion = faulty movement patterns.
- The proverbial straw that broke the responders back.

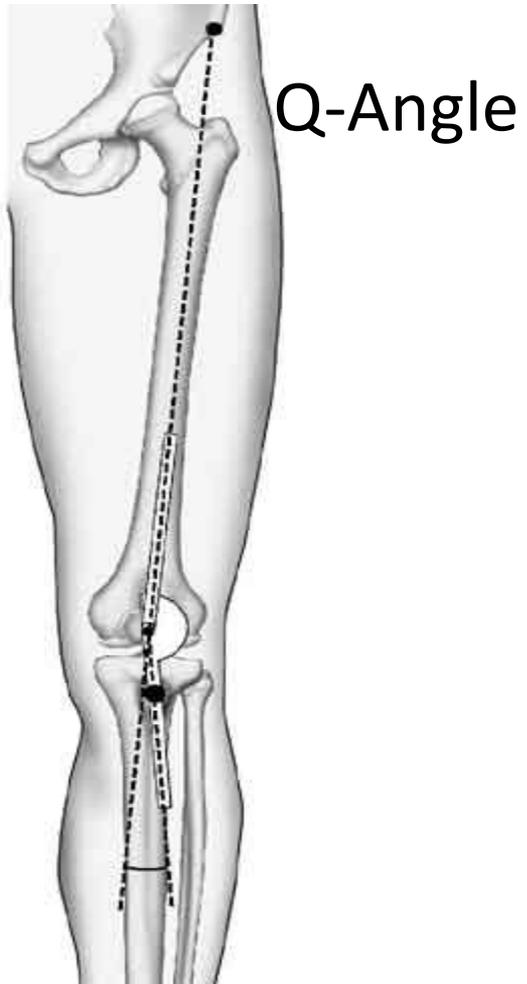
# Upper crossed pattern



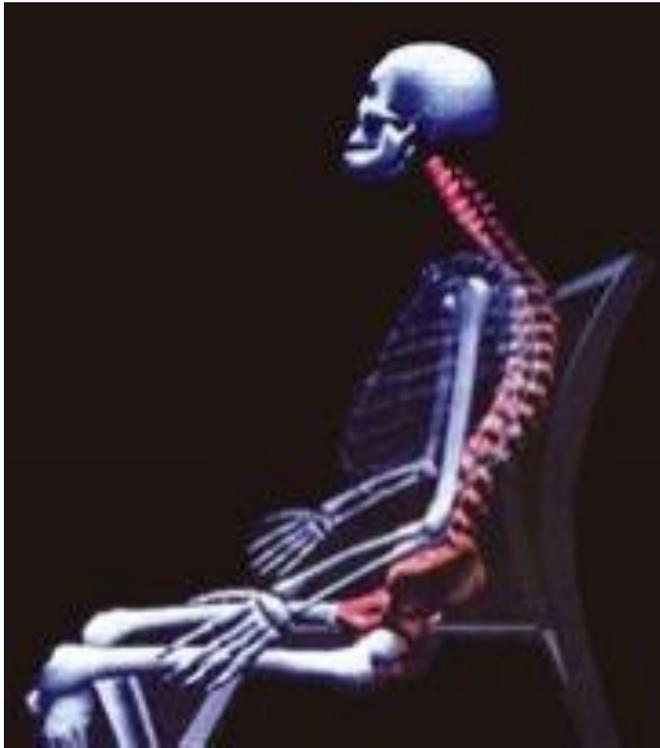
# Lower crossed pattern



# Common Lower body Postural Distortions



# Seated Postural Distortion



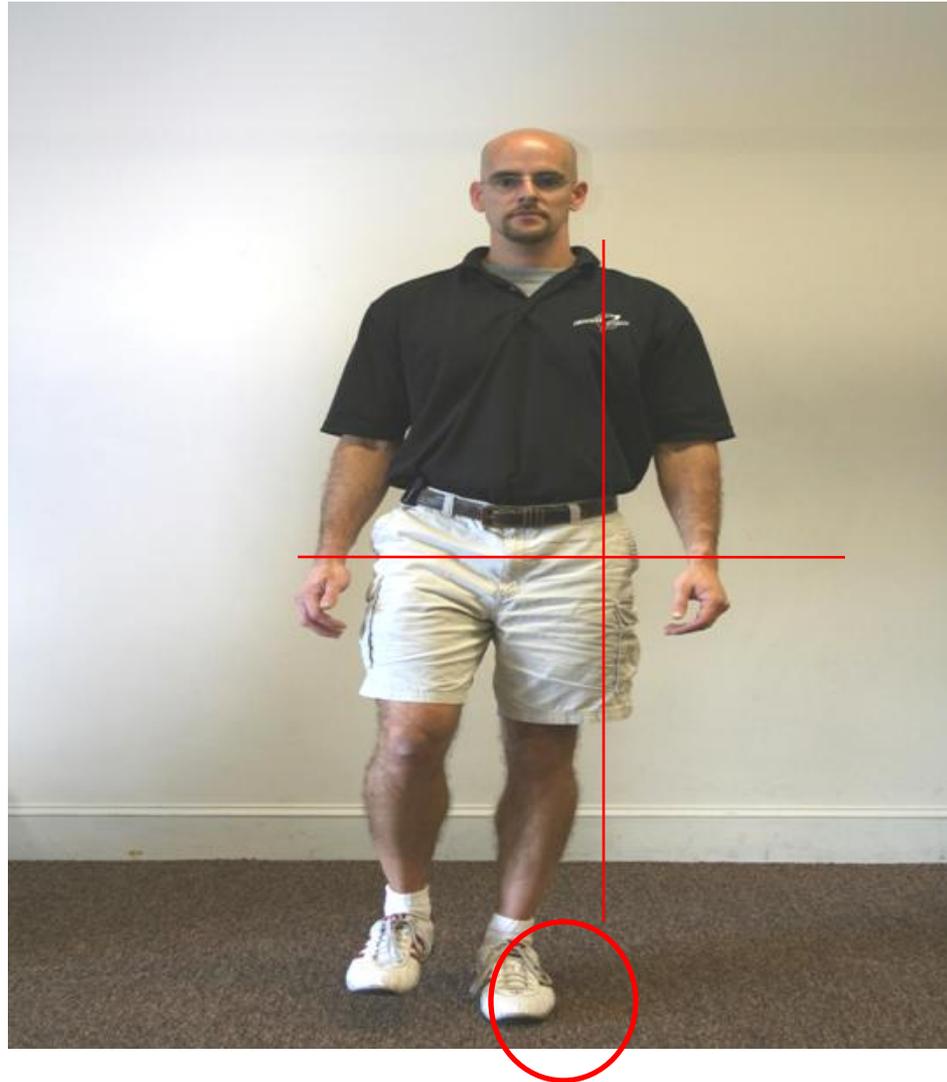
# Injury Potential based on Postural analysis

- Lumbar
- Patella Femoral
- Neck/shoulder

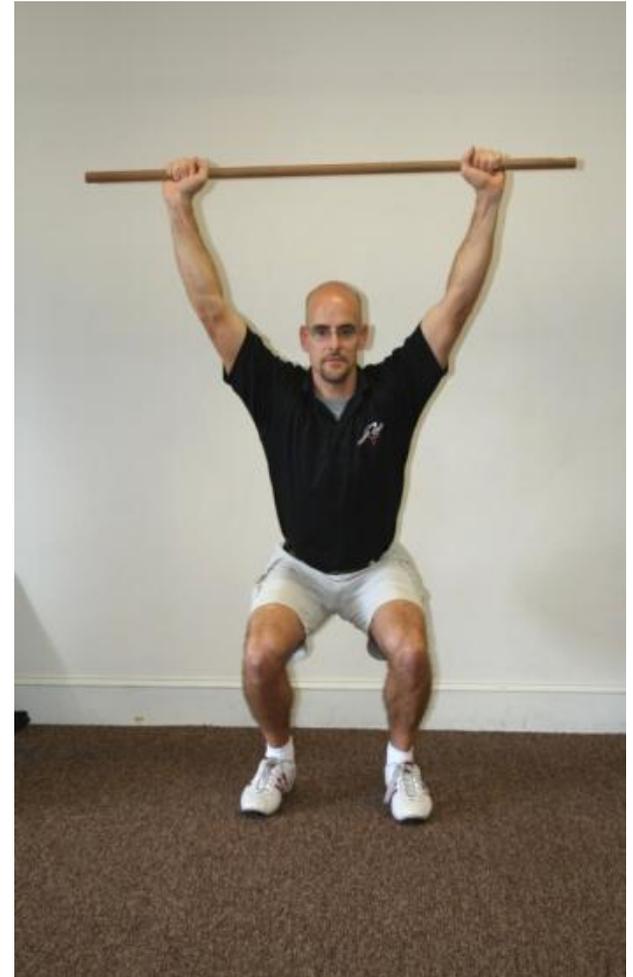
# Self Movement Tests

- Movement Screening?
- How can I test myself?

# Single leg test



# Overhead squat



# Rotational stabilization



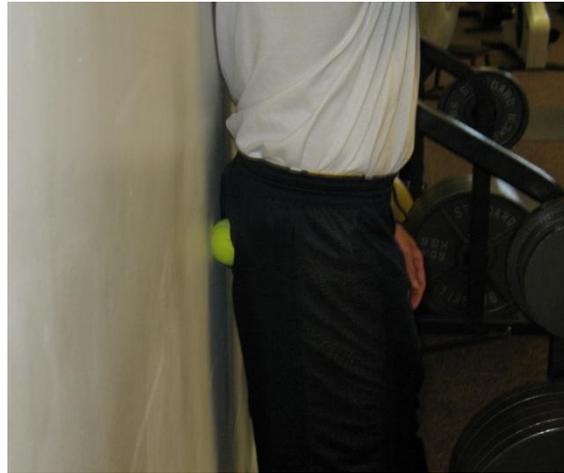
# Muscular Endurance



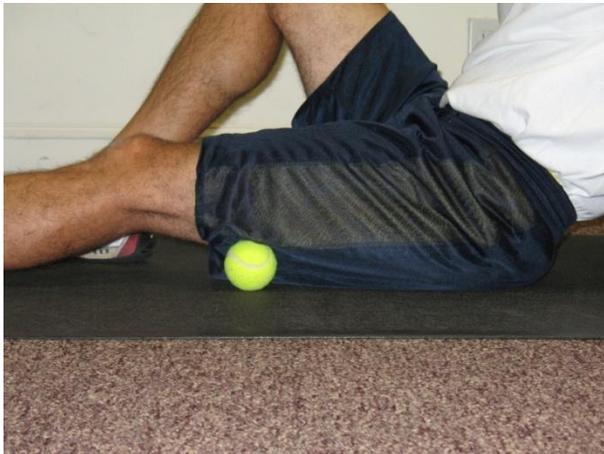
# What is a responder to do with the results?

- Find it Fix it approach.
- If it does not move and it should = roll it/stretch it!
- If it moves when it should not = Stabilize it!

# Self Massage



How much does a tennis ball cost?



# Self Massage



# Stretching in Uniform



# Corrective Exercises

- A series of movements designed to correct muscular and postural imbalances found through biomechanical assessment.

# Corrective Exercises

- Stability
- Balance
- Global vs. local muscular endurance

# Global vs. local Muscular Endurance

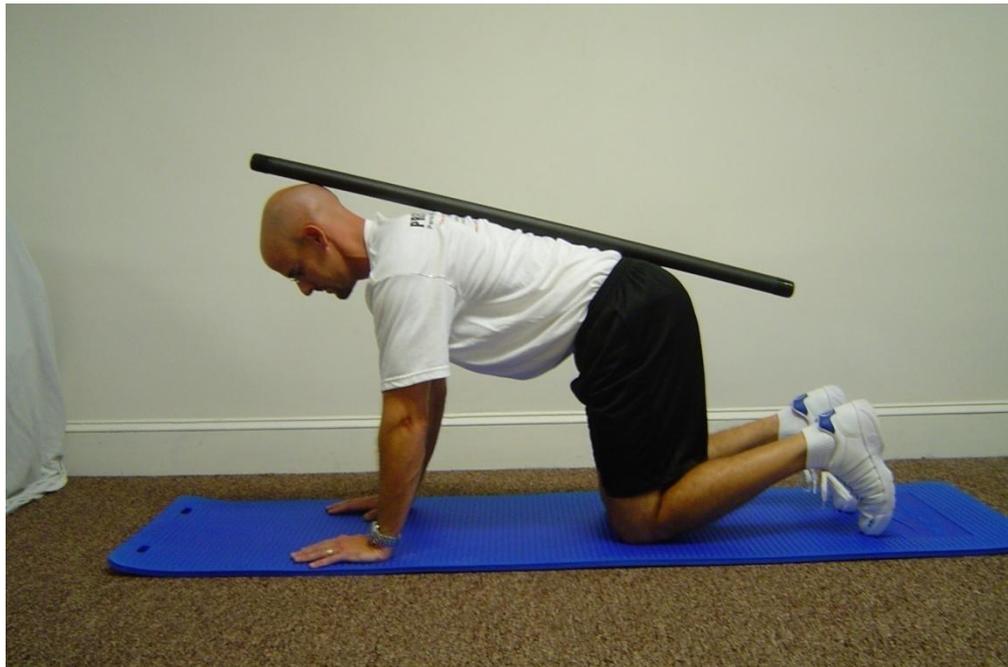
- Aka. Functional training vs. Body Building
- aka. Single joint vs. multi joint

# Corrective Exercises

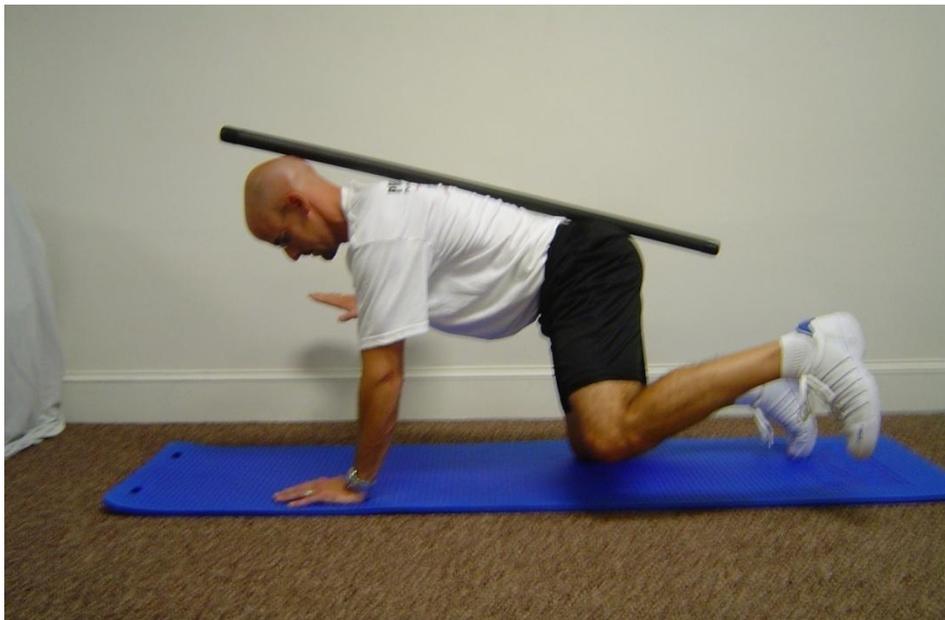
- A logical and scientific progression of full body exercises.
- Encompassing control-balance-stability and flexibility.

# The stick aka. The Dog Protocol

- Postural correction with a broom



# Segmental Stabilization



# Foundation Fitness

- Lumbo-pelvic stabilization
- Foundation stabilization
- Dare we say 'core'!

# Foundation Fitness



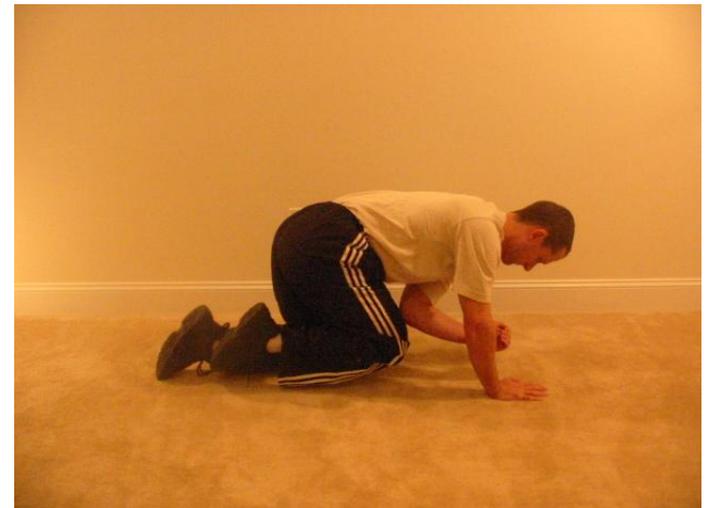
# Foundation Fitness



# Core?



# Core?



# Conclusion

- Integrating health-wellness-fitness-nutrition into a stressful career.



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