



Safety Bulletin

Peer Fitness Bulletin - January 2024

Date: January 2, 2024

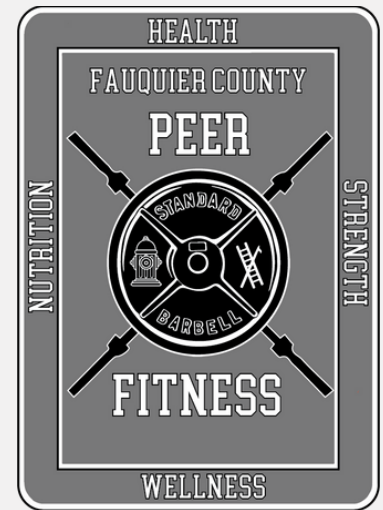
Number: 24.001

Approved By: Kalvyn W. Smith, Fire Rescue Chief

PEER FITNESS NEWS

Peer Fitness has been busy this month working with members on their fitness and nutrition goals. We are gearing up to assist with the upcoming recruit school PT. Steph Lewis and Nick Loan are working on the programming for Recruit School that begins in January. Reed has been keeping the facebook page chocked full of useful and interesting info! Please follow us on [facebook](#) for great

content and resources. Lt Reneau has been working on quotes for our uniforms and shirts for us to give out as prizes for the fitness challenges. We gave out our first fitness challenge prizes to our November winners! (Pictured----->)



SEEKING NEW MEMBERS

We are looking for motivated individuals to join our team. Interested in assisting department members in achieving thier fitness goals, and leading recruit school PT? If you are interested in serving on on peer fitness reach out!!

TABATA WORKOUT

20 MINUTES- SCORE IS AS MANY REPS AS POSSIBLE

MIN1: PUSH UPS 20 SECONDS

MIN2: LUNGES 30 SECONDS

MIN3: OVERHEAD PRESS 20 SECONDS

MIN4: PLANK TAPS 30 SECONDS

SUGGESTED DUMBBELLS: MEN/WOMEN
30/20#



CONTACT US!

DFREMPeerFitness@yahoo.com

JANUARY FITNESS CHALLENGE

The winners for the December challenge will be posted soon.

The November challenge winner was 3B shift.

They chose situps for the January challenge. Which Crew will perform the highest total number of situps during the month of January?

Details will be sent out in an email and posted to the [Fauquier Peer Fitness Facebook page!](#)

NOVEMBER FITNESS CHALLENGE WINNERS!!!



SUPPLEMENT CORNER

HEALTHY RECIPE

ROASTED PORK CHOPS WITH GREEN BEANS AND POTATOES*



Whey Protein

The ways whey protein promotes muscle/strength gain include:

1. **Building blocks:** It provides protein and amino acids, which serve as building blocks for increased muscle growth.
2. **Hormones:** It increases the release of anabolic hormones that can stimulate muscle growth, such as insulin
3. **Leucine:** It's high in the amino acid leucine, which is known to stimulate muscle protein synthesis at the molecular and genetic level
4. **Fast absorption:** Whey protein is absorbed and utilized very quickly compared to other types of protein

Click [Here](#) for a the full Whey Protein 101 article