



Safety Bulletin

Peer Fitness Bulletin – February 2024

Date: January 31, 2024

Number: 24.005

Approved By: Kalvyn W. Smith, Fire Rescue Chief

DFREM PEER FITNESS BULLETIN

PEER FITNESS NEWS

Recruit School 24-19 is in full swing and PT has been going well. Peer Fitness has been busy assisting with this school. We are looking forward to assisting with the second recruit school coming soon. Be sure to check out our [facebook](#) page for new meal ideas, workouts, and great information to help you get and stay fit in the new year! We are here for all of your fitness/nutrition needs. We have members certified as personal trainers and nutrition coaches to get you a tailored workout and/or nutrition plan! No need to pay a personal trainer. We will even help you learn proper form and technique!

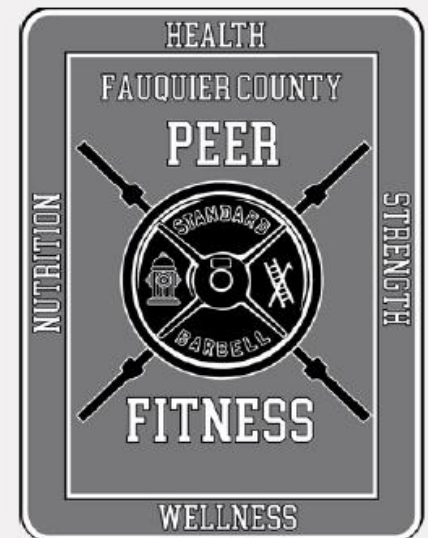


CIRCUIT >> WORKOUT



FOR TIME
100 JUMPING JACKS
80 AIR SQUATS
60 SIT UPS
40 PUSH UPS
10 BURPEES
REPEAT IN REVERSE

FEBRUARY 2024



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!!**

CONTACT US!

DFREMPeerFitness@yahoo.com

FEBRUARY FITNESS CHALLENGE

The winners for the January challenge will be posted soon.

The December challenge winner was AA5 A shift.

They chose

deadlifts for the February challenge.

Which Crew will perform the highest total weight deadlifted (reps x weight) during the month of February?

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

HEALTHY RECIPE

SALMON SHEET PAN DINNER



DECEMBER FITNESS CHALLENGE WINNERS!!!



PRIORITIZE RECOVERY

RECOVERY



LIGHT EXERCISE:
LOW INTENSITY
CIRCUIT, WALK,
BIKE, YOGA

SOFT TISSUE
MOBILITY:
FOAM ROLL,
MASSAGE
GUNS,
LACROSSE BALL



HYDRATE: 1 OUNCE
OF WATER PER
POUND OF BODY
WEIGHT

PROTEIN: 1-2G
PER POUND OF
BODY WEIGHT



SLEEP: 7-9
HOURS A NIGHT

NUTRITION: WHOLE
FOODS THAT FUEL
YOUR BODY, LIMIT
ALCOHOL INTAKE