



**F2T** | **FIT TO THRIVE**  
More Fire Fighters. More Active. More Often.  
PERFORMANCE REDEFINED

# BREATHE. EAT. MOVE. SLEEP. CONNECT.

## IN PURSUIT OF **WELLNESS**

The success of any wellness program cannot be evaluated with short-term fitness metrics and health outcomes alone. To assess the extent to which members have improved their physical, psychological and social well-being (in pursuit of wellness), we must also seek to understand how the program has influenced the choices they make, the actions they take and the behaviors they exhibit over time.

Running a 5k, losing 20 pounds and meditating for 15 minutes are worthy pursuits, but achieving each of these goals in isolation is unlikely to influence a fire fighter's wellness if not accompanied by a positive change in their lifestyle and physical activity habits.

We should all strive to BREATHE better (be more mindful), EAT better (eat real food), MOVE better (be more active), SLEEP better (create a sleep routine) and CONNECT better (build meaningful relationships).