

5 PILLARS OF FIRE RESCUE HEALTH & PERFORMANCE- COMING TO YOU THIS JULY!



The 5 Pillars of Fire Rescue Health & Performance

There are 5 major pillars of health and performance that effect firefighters and rescuers and the longevity of their careers. Those pillars are: Sleep Health, Nutrition, Mental Wellness, Injury Prevention, and Physical Fitness. By incorporating each of these 5 pillars into what drives you to be the best in your career, firefighters and rescuers can become resilient to the common issues that plague our department. Well, lucky for you, MCFRS has subject matter experts in each of these fields! **We are excited to announce the 1st ever MCFRS Health and Performance Workshop being held this July!**

This workshop is for personnel wanting to:

- Outsmart the shift. Sleep better and perform stronger.
- Fuel for calls through realistic nutrition recommendations.
- Learn workouts that fit the job, and the firehouse.
- Build resilience through mental wellness.
- Extend their career by preventing and getting ahead of common injuries.

Check out the attached flyer for your first look at our stellar lineup of presentations for the 2025 MCFRS Health and Performance Workshop!

This workshop brings together the department's subject matter experts in the 5 main pillars of fire rescue health and wellness.

As a firefighter/rescuer, your health, strength, and resilience aren't just personal priorities—they're vital tools of your profession. This free health and performance workshop is an investment in your safety, your career longevity, and your ability to serve at your best. Don't miss this opportunity to gain expert insight, optimize your performance, and take charge of your well-being—because when you're at your strongest, you can protect your community even more.



Dr. Kelsey Loftus

*Certified Athletic Trainer
MCFR Health & Injury
Prevention*

Did you know that you have someone working within MCFRS to provide you with quality injury care, injury prevention, and functional assessments to lengthen your time on the floor and keep you out of FROMS?

IMPORTANT ANNOUNCEMENT!

Dr. Kelsey Loftus is now offering on-site injury prevention station visits for 2025, designed to help you stay on the floor, pain free, and injury free. These visits include a variety of hands-on activities and practical strategies tailored to the unique demands of your job, including:

- Trigger point massage therapy.
- Functional Movement Screening (FMS).
- Group instruction on back injury prevention and treatment.
- In-station injury clinic for any interested members!
- And much more!

Prioritize your health and performance
—sign up for a visit today by scanning or clicking on the QR code below!



kelsey.tanler@montgomerycountymd.gov



(240) 962-0147

Register by clicking on or scanning the QR code.

Want to detail your unit on duty? Email kelsey.tanler@montgomerycountymd.gov to secure your spot!





MCFRS HEALTH & PERFORMANCE WORKSHOP

Fire Rescue Resilience-
Own Your Health, Extend
your Career

**AVAILABLE ON
ALL 3 SHIFT DAYS**

MONDAY, JULY 14

TUESDAY, JULY 15

WEDNESDAY, JULY 16

**REGISTER TO ATTEND OFF-GOING OR
SUBMIT FOR A DETAIL FOR YOUR UNIT
TO ATTEND ON YOUR SHIFT DAY.***

**Limited spots available for details (no transport units). Email Dr. Kelsey Loftus to secure your unit's detail request. Detail requests accepted until June 27th.*

**Come prepared with PT clothes
and sneakers for active portion at
the end of the workshop!**

**Register by clicking
on or scanning the
QR code.**



Want to request a detail for
your unit? Email
kelsey.tanler@montgomerycountymd.gov
to request a spot by June 27th!

**JULY 14 - JULY 16
0800-1215**

Montgomery County Public Safety Training Academy

Classroom 222, 8751 Snouffer School
Road, Gaithersburg, MD. 20878

**Ready to take command of your health
and performance this year? This
workshop is built for personnel looking
to learn how to:**

- **Outsmart the Shift-** Improve sleep to boost recovery and performance.
- **Fuel the Job-** Eat with purpose using practical, station-friendly nutrition strategies.
- **Train with Intention-** Discover workouts that match the demands of the job and the realities of station life.
- **Build Mental Resilience-** Strengthen resilience through proactive mental wellness tools.
- **Stay in the Fight-** Prevent common injuries and learn strategies to stay mission-ready for years to come.

**LONGEVITY IN THIS JOB ISN'T LUCK-
IT'S BUILT THROUGH RESILIENCE. ARE
YOU READY TO INVEST IN YOURSELF?**



HOSTED & PRESENTED BY FROMS, MENTAL
WELLNESS, & PEER FITNESS STAFF

WORKSHOP AGENDA

0800-0805	Welcome remarks
0805-0840	Recharge to Respond: Sleep Health and Performance Hacks for First Responders Dr. Kelsey Loftus, DAT, LAT, ATC
0840-0925	From the Kitchen to the Call: Nutrition that Performs FF3 Gailynn Petry
0925-0930	Break
0930-1000	Protecting Your Back, Preserving Your Career Dr. Kelsey Loftus, DAT, LAT, ATC
1000-1020	Ask the Doc: Q&A with Dr. Spears, FROMS Medical Director Dr. Garrick Spears, MD
1020-1100	The Resilient Firefighter: Holistic Wellness of Mind and Body Dr. Rebecca Lee, PsyD; Lori Rieckelman, LCSW-C; Nicholas Young, M.DIV., LMSW
1100-1105	Break & Change into PTs
1105-1215 <i>*PSTA Gym</i> <i>*Come prepared with PT clothes & sneakers</i>	Strength in the Schedule: Real-World Fitness for Your Firehouse MFF Katie Dennison; Peer Fitness Staff Instructors



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