



**MCFRS RECRUITING IN
COLLABORATION WITH
HEALTH & INJURY PREVENTION**

PREPARING FOR CPAT & THE ACADEMY



The program linked through the QR code below is meant to prepare you for the physical demands of the CPAT & prevent the common injuries seen in the academy as well as in the field.

This program is not meant to replace physical therapy for an injury. If you have concerns, please consult your physician before completing this preventative program.

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[MCFRS HEALTH & INJURY PREVENTION]**



**SCAN OR CLICK ON THE
QR CODE TO ACCESS**