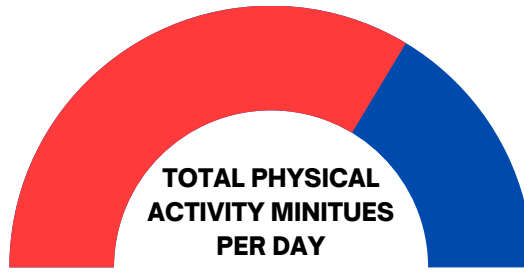


# Movement & Motivation Among First Responders



**FIRE:**  
94.36 MINUTES/DAY

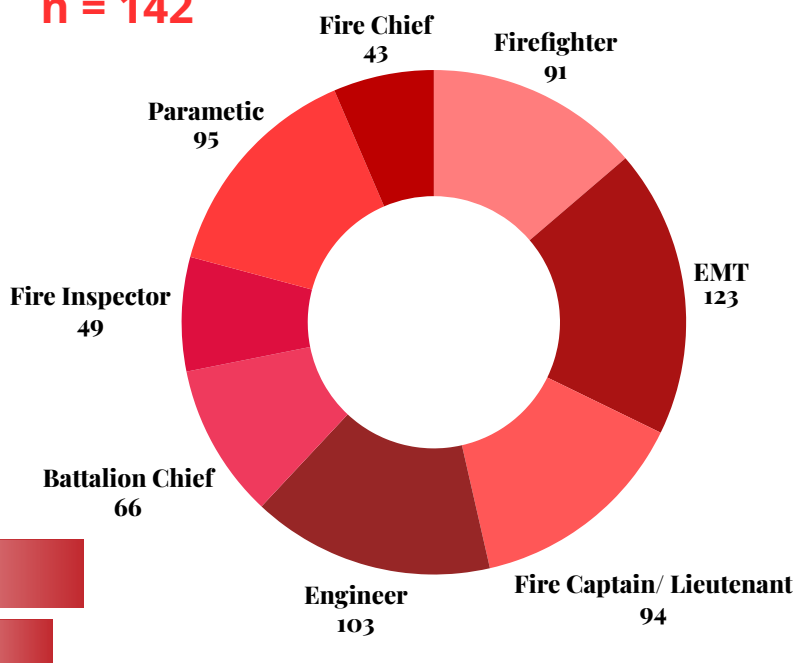


**LAW ENFORCEMENT:**  
46.39 MINUTES/DAY

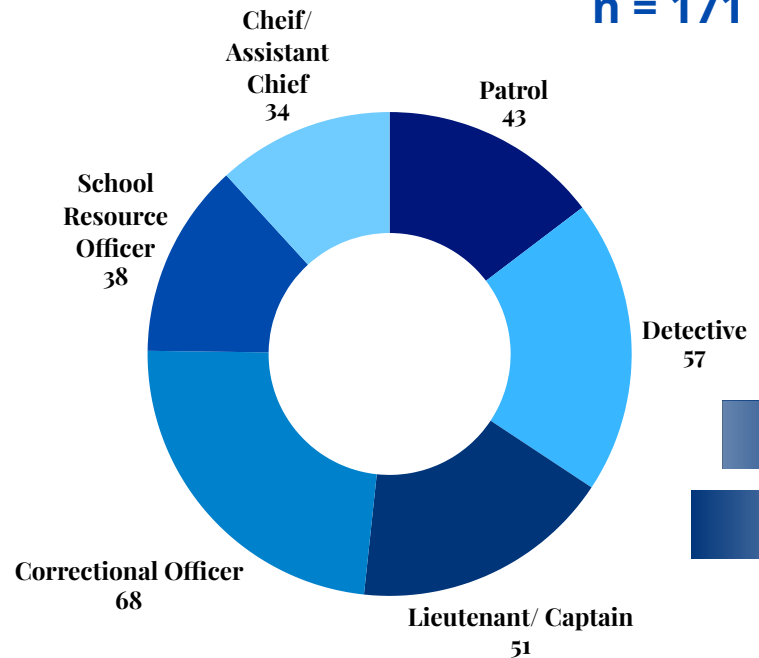
Based on the data collected, individuals in fire service occupations engage in approximately 67% more daily physical activity compared to those in law enforcement.

## Average Moderate Physical Activity Minutes/Day

n = 142



n = 171



### What is an RAI score?

The Relative Autonomy Index is a score that reflects how self-determined a person's exercise motivation is.

### The Bottom-Up Explanation:

A poorly motivated chief can have negative impacts on the health of current employees and future generations of workers.

