

JUNE 2025

WELLNESS ON THE FRONTLINE

STRENGTH & CONDITIONING

At the **First Responders Support Training (FRST) Center**, we are dedicated to promoting health and wellness for first responders statewide. This month, I am excited to share more about the physical fitness component of our mission. Our goal is to provide meaningful fitness information that meets you where you are.

Our team offers top-of-the-line programming, instruction, and education through a variety of mediums that will soon be available. This month, I would like to introduce our **Strength and Conditioning Lab** and its programming mission.



If you are familiar with us, then you know that FRST stands for **First Responders Support Training Center**. But what if I told you that FRST also has an additional acronymization? Aligned with our training philosophy and a key element of our mission, FRST is also defined—through a strength and conditioning lens—as:

Foundation, Resilient, Specific, Transferable

These four words represent the core values and goals of our Strength & Conditioning Lab:

- **Foundation:** Building proper exercise and movement techniques establishes a solid base that can be progressively overloaded to meet your individual needs.
- **Resilient:** Once a foundation is set, resilience can be developed through improved physical fitness metrics, enhanced movement quality, injury reduction, and readiness to perform your job.
- **Specific:** Using job-relevant methods ensures continued improvement through targeted exercises and programming that reflect the actual demands of your role.
- **Transferable:** Programming must be applicable in real-world scenarios, allowing you to be ready, safe, and effective when you get the call. True transfer of training is only possible with a strong foundation and a resilient, specifically trained body and mind.

These themes will guide the information and programming you'll see in the coming months. It is our intent to provide you with the tools necessary to begin physical activity, remain active, and challenge yourself to improve your overall health and wellness.

For now, keep this in mind: **ten minutes a day of walking** is a great place to start. The end goal is something we are here to help you achieve. If you are already active, I challenge you to assess your training through the lens of the FRST acronym.



Join us in upcoming newsletters for a video that will guide you through beginning your fitness journey and meeting physical fitness guidelines. Additionally, look out for a **bonus bodyweight workout** that can be done anytime, anywhere—in just 10 minutes!

~Seth Daughters, MS, CSCS, USAW-1