

Balance- Wellness for the First Responder

A First Responder Wellness Program

You wake up tired, you go home tired. You arrive stressed, you leave more stressed. You weigh more now than you have ever in your life. You haven't set a personal goal or felt fulfilled in a long time. You are out of balance, and if you do not address it soon, it could mean your life. EMS is not a career for everyone. To endure the long hours, high stress and emotional toll of such a varied and demanding career, providers must be in good health. This unique wellness course has been designed by a fellow EMS provider and wellness practitioner to turn stress, fatigue and indifference into Control, Fitness, and Passion. Discover the integrated yet simple foundations of a wellness approach. Become re-engaged with your purpose in life and in the EMS profession. Learn immediately applicable steps to a healthier diet and simplified physical fitness practices. Learn the most important injury prevention tips.