

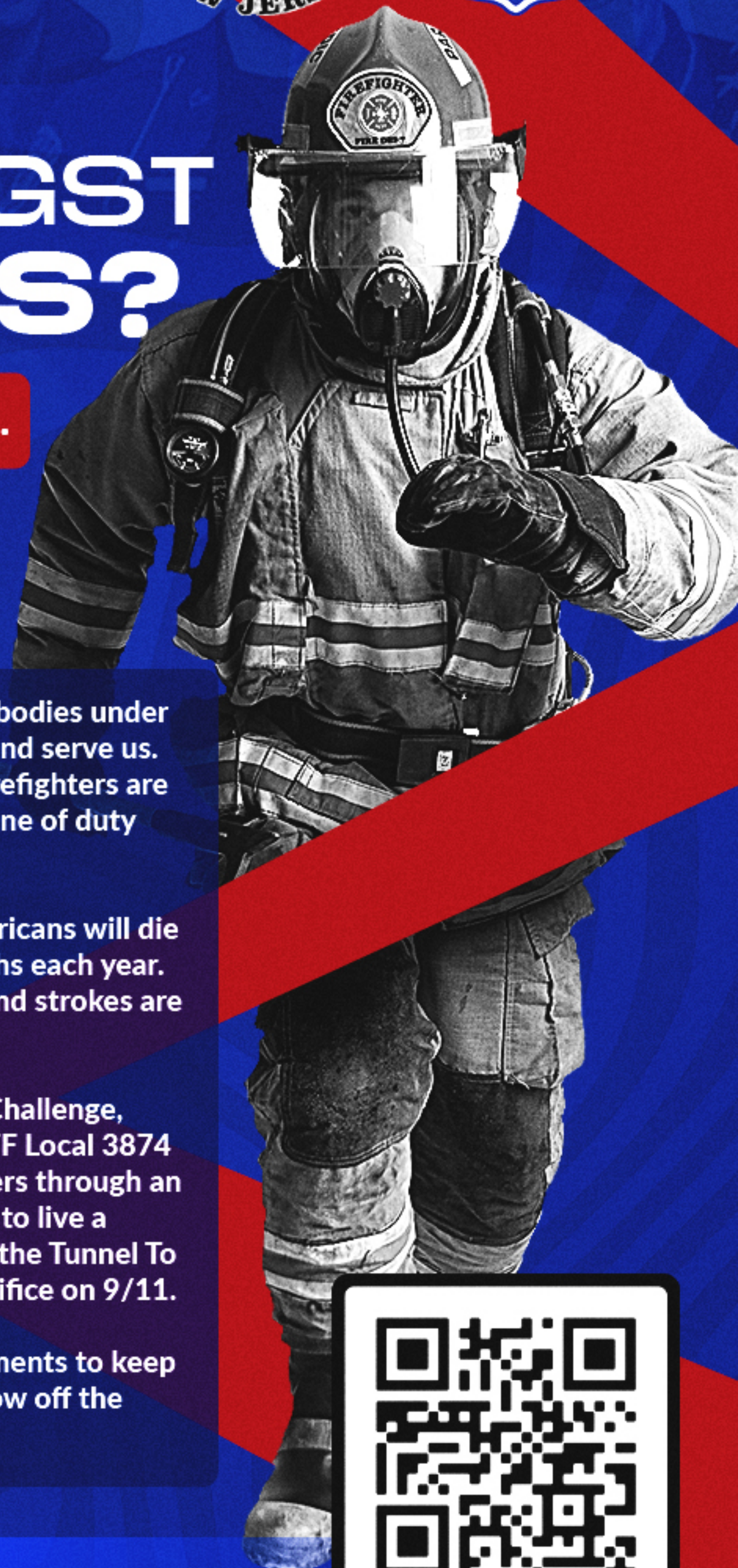
# DO YOU KNOW THE LEADING CAUSE OF ALL LINE OF DUTY DEATHS AMONGST FIREFIGHTERS?



THE ANSWER WILL SURPRISE YOU...

BUT WITH YOUR HELP, WE CAN CHANGE THAT WHILE SUPPORTING OUR FIRST RESPONDERS

(YOU MIGHT EVEN LOSE A FEW POUNDS IN THE PROCESS!)



Every day, firefighters, police officers, and paramedics put their bodies under an immense amount of strain and physical exertion to protect and serve us. Yet, astonishingly over 45% of all line of duty deaths amongst firefighters are caused by cardiac events - making it the leading cause of all line of duty firefighter deaths.

But this issue goes beyond our first responders. One in four Americans will die from heart disease. That's an almost unbelievable 659,000 deaths each year. Yet the CDC predicts that over 80% of premature heart attacks and strokes are entirely preventable through a healthy lifestyle.

So we created the First Responder Functional Fitness (FFF) Challenge, together with the Monmouth-Ocean Uniformed Firefighters IAFF Local 3874 to help raise awareness of the physical demands of first responders through an inclusive and friendly competition that encourages all of us to live a heart-healthy lifestyle; while at the same time raising money for the Tunnel To Towers Foundation in honor of those who gave the ultimate sacrifice on 9/11.

With prizes and incentives from Eat Clean Bro and Valor Supplements to keep us all motivated along the way, there is no excuse not to throw off the pandemic lull and restart your health in 2022.



SCAN THE QR CODE TO LEARN MORE AND JOIN THE CHALLENGE!



IF YOU HAVE ANY QUESTIONS ABOUT ANY PART OF THE CHALLENGE PLEASE DON'T HESITATE TO CONTACT US AT TRIPLEFCHALLENGE@GMAIL.COM