PROJECT GOALS

- Encourage healthy diet and fitness
- Encourage healthy eating habits to lower body fat percentages
- Promote flexibility in fitness routine
- Show importance of core muscle strengthening training
TO START WE FOUND THE MOST FIT FIFEFIGHTER
WE FOUND THE PROBLEM
With each pound of fat containing 3500 calories, this meal will add .53 pounds worth of fat to your body.
A (LAZY) LOUSEY WORK OUT PLAN!

12 OUNCE CURLS ARE GENERALLY NOT CONSIDERED TO BE A GOOD WORK OUT PLAN, NO MATTER HOW MANY YOU DO.
THEN WE IMPLEMENTED A VIGOROUS HEALTH PLAN.

MUCH TO THE FIREMEN'S DISMAY!
CHANGES IN THE DIET

KEY
- Fat (naturally occurring & added)
- Sugars (added)
These symbols show fats & added sugars in foods

- Fats, Oils & Sweets
  USE SPARINGLY

- Milk, Yogurt & Cheese Group
  2-3 SERVINGS

- Vegetable Group
  3-5 SERVINGS

- Meat, Poultry, Fish, Dry Beans,
  Eggs & Nuts Group
  2-3 SERVINGS

- Fruit Group
  2-4 SERVINGS

- Bread, Cereal,
  Rice & Pasta
  Group
  6-11 SERVINGS

- Dog: Dalmatian
- Illustration: Egg in a basket
The journey of a thousand miles starts with a single step:
We had to get them moving.
BODY FAT STUDY

![Bar chart showing body fat percentages for different ranges: 21-24, 24-29, 30-34, and 35-39. The chart compares ending and starting body fat percentages.](image)
Diet: High Protein, Lower fats and Carbohydrates
Exercise: Cardio One Hour Daily Combined with Strength Training and Stretching
Result: Lower body fat, more energy, quicker muscle recovery after exertion, fewer injuries
PROOF THAT A HEALTHY DIET AND EXERCISE WORK
Technology

- Cell Phones
- Computers
- Digital Cameras
- Internet
SKILLS DEVELOPED

- Computer Skills with Power Point
- Communication
- Time Management
- Research
- Public Relation
COMMUNITY CONTACTS

- RODGERS FIRE DEPT.
- BUA’S NEXT LEVEL TRAINING
- DON DECKER- Head Strength and Conditioning Coach University of Mississippi
- HARDBODY GYM
- PERSONAL TRAINERS
- PHYSICAL THERAPIST
- NUTRITIONALIST