

LEADING THE REVOLUTION OF TRAINING THE OCCUPATIONAL ATHLETE

Athletes
PERFORMANCE



Athletes' Performance and the Andrews Institute have partnered together in a research based study along with the University of Waterloo to further understand how performance training can benefit occupational athletes such as fire fighters. The study will help Athletes' Performance further enhance its methodology for training fire fighters and their movements, allowing them to be stronger and more efficient, creating enhanced stability in their demanding environments while also living a healthier everyday life.

“I had a once in a lifetime experience training at Athletes' Performance. I got stronger and learned about proper movement. I move differently from when I started. I can tell a difference at work and everyday life.”
– Lincoln Mixson, Pensacola Fire Fighter



A study by the National Institute of Standards and Technology (NIST) showed that collectively, fire departments spend up to 7.8 billion dollars per year addressing injuries as well as trying to prevent them. Athletes' Performance recognizes that fire fighters are the ultimate example of a tactical athlete – individuals whose profession necessitate the highest level of sustainable mental and physical performance. Athletes' Performance provides an integrated offering focused on reducing injury potential and creating greater overall health that delivers:

- Coaching from leading experts in performance training to help reduce injury risk and improve performance
- Movement based programming specific to the demands of a fire fighter's needs
- Nutrition solutions to keep fire personnel energized and alert through long days on the job
- Physical Therapy to treat past or existing injuries
- Education workshops to train departments on how to best equip their team for success
- Cardiovascular training to improve overall health
- Leading-edge research from top experts in training, nutrition, physical therapy, and biomechanics

“Fire fighters compete in a game of life and death, putting the safety of others above their own. They must perform at the highest level every time they are on the job, and that is an incredible responsibility. We have been humbled to serve fire personnel around the United States for the last decade and will continue to provide the best methods possible to keep them healthy and safe.”

– Mark Verstegen, Athletes' Performance & Core Performance Founder & President

**For more information on Athletes' Performance and fire fighter specific programming
contact: Firefighter@athletesperformance.com or 480.449.9000**