

FIRED UP TO GET FIT!

WITH JOSEPH WARWICK

JUNE 13TH, 2023 – 13:00 BST | RIGRUN RECOVERY ZONE

Serving firefighter, Joseph Warwick steps into the Recovery Zone to share how he keeps fit, physically and mentally, so he can continue to help save people from dangerous and potentially fatal situations. He'll discuss:



- How fit you need to be to work as an operational firefighter
- The exercises you can include in your routine to start training like a firefighter
- How firefighters take care of their mental health so they can continue to navigate hazardous conditions, improve their stamina and recover, both physically and mentally, after incidents

Visit rigrun.co.uk/recovery-zone for more details.

INCLUDES PRIZE DRAW ENTRY TO WIN AMONAX GYM EQUIPMENT FOR HOME WORKOUT



Scan the QR code to join the webinar!

