



# Firefighters Intensive Resistive Exercise (FIRE)

## What is the purpose of the study?

This is a research project being conducted by the Center for Firefighter Safety Research and Development at the University of Maryland College Park. The study is being done to determine the physical attributes important for firefighting performance

## Why should I be interested?

Qualified men and women who participate receive valuable benefits including:

- Financial compensation
- Free fitness and body composition testing by trained personnel
- Free exercise prescription or review of your existing exercise plan by an exercise physiologist and trainer
- The satisfaction of knowing you have contributed to our understanding of firefighting performance

## Who Qualifies?

- Male and female firefighters between the ages of 18 and 40
- Free of injury or illness that would prohibit exercise
- Negative pregnancy test for women

## What will I have to do?

- Participate in health and fitness related testing and simulated firefighting activities in College Park, Maryland
- Total time commitment is 10-12 hours over six days, all of which is scheduled at your convenience.

## How do I get started?

For more information and to see if you qualify please contact Angela Bennett.

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[www.mfri.org/firesearch](http://www.mfri.org/firesearch)



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