

STORIES WORTH **SHARING**

Written Communication and Knowledge Translation



THE CHALLENGE

Write a short blog post / article to highlight the role that one or more of the five pillars of the IAFF/IAFC Wellness-Fitness Initiative (WFI) have had on your health and well-being.

We should all strive to BREATHE better (be more mindful), EAT better (eat real food), MOVE better (be more active), SLEEP better (create a sleep routine), and CONNECT better (build meaningful relationships), but many fire fighters don't know where to start.

INSTRUCTIONS

- Choose 1+ of the 5 behaviors outlined below, and write a short blog post / article to highlight the role it has had on your physical, psychological and/or social well-being.
 - **Being More Mindful.** How has meditation, breathing, mindfulness, etc. helped?
 - **Eating Real Food.** How has what, when and how you eat made a difference?
 - **Being More Active.** What role has exercise or activity had on your overall well-being?
 - **Enjoying Better Sleep.** Has making changes to your sleep/recovery routine made a difference?
 - **Building Better Relationships.** How does the support from others influence your well-being?
- In approximately 300-500 words, share your story with the broader F2T community.
- You can format the blog post / article in any way you like but it should be written for a general audience (it may be chosen as an F2T community contribution).

GRADING CRITERIA

- ✓ At least 300 words
- ✓ One or more WFI pillars
- ✓ Personal impact highlighted
- ✓ Written submission
- ✓ Paragraph form
- ✓ Lay audience

SUBMISSION GUIDELINES

Submissions should be formatted as a .docx or .pdf file. Submission details will be shared with the launch of the Fit To Thrive member portal.