

BETTER TOGETHER

Teamwork and Collaboration



THE CHALLENGE

Create a poster that highlights your top 5 tips to get more fire fighters involved with a wellness-fitness initiative. Your poster should be formatted so that it could be shared and posted within a fire station.

To complement your poster, you must also submit a brief description that outlines any considerations that should be made by other F2T ambassadors who may attempt to employ your tips within their department.

INSTRUCTIONS

- Reflecting on your experience as a fire fighter and F2T ambassador, identify 5 tips you would share with other ambassadors to help them involve more peers in wellness-fitness initiatives.
- Create a visually appealing poster to highlight your 5 tips for other F2T ambassadors / fire fighters.
- The poster can be formatted in any way you like, provided it meets the following criteria:
 - 5 tips are prominent and easy to understand
 - Visually appealing and appropriate for a fire station
 - Any images included are free to use (no copyright)
 - Portrait or landscape orientation
 - Formatted for an 8.5" x 11" page
- Separately, describe 1-2 considerations for each tip that should be made prior to using within a fire department (e.g. for this tip to be effective it would be best to first have 'X' and 'Y' in place).

GRADING CRITERIA

- ✓ Tips are relevant to engaging fire fighters in wellness-fitness initiatives
- ✓ All 5 tips are distinct
- ✓ Poster criteria are met
- ✓ Poster would appeal to broad audience
- ✓ Considerations are relevant and described in sufficient detail to make use of tips
- ✓ Image file can be printed and posted broadly

SUBMISSION GUIDELINES

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