



## Welcome to 911 Lifestyle

Thank you for attending my presentation at the OWLE Wellness Conference.

They say you emulate the top 5 people that you surround yourself with. In your line of work this can be challenging as you are often helping others who are not experiencing the best moments of their life and your colleagues are most likely as exhausted as you are.

You are lucky as OWLE is full of so many amazing inspirational leaders.

Unfortunately most of you do not see one another daily. If you are looking for others who inspire you like those at this conference on a daily basis, you do not need to look any further.

You have just found a group of hard working, dedicated First Responders who love their job and want to make a positive impact in others' lives, even those they have yet to meet.

In order to do this they are all working hard to make sure they are physically and mentally prepared for whatever their job throws at them.

Being Proactive instead of Reactive.

They are following in the steps of top professional athletes making sure they have the right coaching and training so that their bodies can sleep regardless of their shift, has energy to last their block of shift, they remain calm (even at home), peak during crisis, recover quickly after with more energy left for their family and them self.

Does it sound like you are in the right place?

Great! Then let's get started laying that foundation for you.



As you know, I'm Andi. Mom, Wife of a Police Officer and Founder and CEO of 911 Lifestyle.

I have a genetic stress condition that has my body firing at a higher stress state all of the time. Similar to that of a First Responder. This means we are more susceptible to burnout unless we learn how to work with it and not against it.

If you are anything like me, you love to be active and spend time with your family and excel in everything you do and there is no way you are going to let this one hiccup take you down and stop you from thriving in your career and family life.

I took courses, and read everything I could get my hands on and added it to what I already knew from my career personal training and coaching nutrition and mindset to highly successful executives and athletes in order to reverse my burnout.

Then I went a step further and figured out what I needed to add in order to push my body more, so that I could go back to playing sports at a level I want to play at and push in my career without crashing again.

It took a few more years to figure out how to refine everything I learned for my Police Officer Husband's crazy shift work schedule with all of the unknowns thrown at him each and every shift.

I did it!

I feel stronger and more alert in my mid 40's, even with two young kids than I have most of my life and my husband is feeling better in his career than he ever has.

Then we saw some of my husbands colleagues struggling.

I offered to help and they also started sleeping better, waking with energy and living life.

I couldn't keep it to myself. I had the knowledge and tools to help other First Responders.

And 911 Lifestyle was born.

Now I speak and work with First Responders all over North America and others from around the world helping them reverse and prevent burnout where they go from surviving in their career to thriving in it.



## What is an Elite First Responder?

An Elite First Responder is someone who chose a career that pushes their mind and body to the limits that many will never understand and they would not change that for the world.

They do not want to only survive in their career, they want to **thrive** in it.

And in order to do so, they are taking *proactive steps now* to make sure that their mind and body is ready for each and every situation and crisis that is thrown at them.

If an injury does occur they want to have the *strength and systems in place* to get back on the job as fast as possible.

They understand that working out, nutrition and basic healthy lifestyle hacks work for those on a 9-5 Monday to Friday less stressed career, but are not enough with the added demands of their chosen career.

They are ready to throw out all of the info they have read online that does not account for a First Responders stress level and demands of the job and replace it with a *completely different way of looking at burnout prevention*.

Their goal is to be **physically and mentally strong** so that they *sleep regardless of their shift, wake with energy, remain calm (even at home), peak during crisis, recover quickly after with more energy left for their family and can get back to doing the activities they love*.

They put their heads down, do the work and enjoy the payoff.

Are you ready to become and Elite First Responder?

Yes?

Amazing!

Then read on because the next section will explain why what you have been doing hasn't worked and what you need to know in order to beat the fatigue and become and Elite First Responder.



## Why simple lifestyle changes don't work

I like to think that when our body is happy our stress fits nicely into a bucket.

When we have too much stress the bucket starts to overflow.

This often happens at the beginning of your career.

At this point incorporating healthy lifestyle habits that work for a Mon to Fri 9-5 life, like working out and eating healthy are able to take some stress off of your body and the bucket stopped overflowing.

But in a job like yours there are many stresses that you can not control - shift work, long hours, OT, not eating because you are in the middle of a call, being front line in public order, rushing to a 911 call and more...

Over time they add up and your bucket starts to overflow again.

Your body starts to send you signals.

Exhaustion and Sleep become an issue - tired and wired, wake mid sleep or sleeping for 10 + hours and always waking up exhausted or feeling hungover.

You check all of the boxes on your healthy lifestyle- working out, giving yourself enough time to sleep when your shift allows, healthy eating... but they don't help like they used to.

Your bucket is overflowing so much that holes start to appear in order to get stress out of your bucket faster.

And your digestion gets off track, you may get easily frustrated, have a short fuse (more at home to start), brain fog, anxiety, depression, constant flu, allergies and nagging injuries, workouts become a struggle to get yourself off the couch and to the gym, you gain weight as your career goes on and healthy lifestyle habits stop working to get it off and keep it off....

Lifestyle changes will not be enough at this point for you to become an Elite First Responder.



## What needs to happen to repair and strengthen your bucket, so that you can beat the fatigue and become an Elite First Responder

First we need to look at things from a completely different point of view.

Most of what you have learned in regards to working out and nutrition was created for someone with a Mon to Fri 9-5 less stressed life.

That is not your life.

You work and sleep at different hours that are not consistent.

Every shift is unpredictable and has curve balls thrown at you all the time.

You have OT, court, work on holidays.

These are not all negative things. There are a lot of great aspects to your schedule and you impact so many people in a positive way every single day.

My husband and I would not change that for the world.

Our life is not like most other people's. We can not expect them to understand and that's ok.

But we can't live the way they do.

You need to think outside the box and refine healthy lifestyle habits that work for you and not against you to make sure that your bucket is in good shape and strong enough to hold all of the stress that is out of your control.

## HOW?

First we need to plug the holes in your bucket and make it strong again.

How we do this is by providing your stress management system with support to strengthen it so that it can run optimally.





Once your system is stronger we start to add in healthy lifestyle changes.

Except, this time we consider ALL 5 Stress Triggers and how they affect you on a shift work schedule with all of the unknowns thrown at you.

Nutritional Stress

Physical Stress

Illness and Injury

Mindset/Mental Stress

Environmental Toxin Stress

We work on one new habit at a time, starting with very simple changes that make the biggest impact without overwhelming you or requiring extra time that you do not have.

Then we make sure that lifestyle change becomes a habit before adding the next.

This is how we continue until life throws you a curveball.

No one is perfect. I've been coaching healthy lifestyle habits for more than 25 years and I'm not perfect.

The key to being successful is learning how to turn down the dial on your habits instead of pausing so that you learn how to adapt the habits in the toughest of times, not only when everything is going well.

So when the shit hits the fan, you dial down whichever lifestyle habits that are adding to your stress and keep the rest that are easy to maintain.

Every habit big and small compounds over time and helps to take stress out of your bucket once it is strong and supported.

And learning how to continue to take stress out of your bucket in the toughest of times is the key to success.

Would you not agree?

Once your bucket is strengthened and supported and you have healthy habits that control as much stress as you are able, you find that you are finally able to get solid sleeps, wake with energy, remain calm and happy (even at home), lose excess weight that was stuck, peak during crisis, recover quickly after and have energy and motivation for your family and activities that you want to do.



## Action Steps

If you are like me, then once you understand why something is happening you are ready to solve the problem.

Let's get started.

Here are a few tips that I give to the Elite First Responders in my 911 Elite Performance Program.

## Water

As mentioned every single free training and paid training I do water is on the list. It decreases brain fog, increases energy, decreases bone and joint pain, improves digestion and much more.

**ACTION STEP:** Drink 16oz of water as soon as you wake up and continue until you have drank .5 to 1oz. per lb of bodyweight throughout your day.

## Breathe

And Breathing is another habit that is ALWAYS in every trainings. When you breathe through your left nostril you turn off your fight or flight stress system and on your rest and digest relaxed system. Depending on how overflowing your bucket is and how many holes are in it, this may be all you need to quiet your tired and wired mind before going to sleep.

**ACTION TASK:** Once in bed breathe slowly 7 seconds in and 7 seconds out through your nose pushing the air deep in your belly. Do this anywhere from 5 to 15 minutes to see if you are at the stage where this is all you need.

If you would like an app to teach you download [Head Space](#) on your phone. The free basic version I go back to over and over again as it reinforces how to breathe correctly for stress relief. Once you've gone through the free basic version you can switch to [Insight Timer](#) which is free. You can have music and a timer set, or choose to listen to someone talk you through the time. Keep in mind that some are very meditative and others more about the physical. You may have to try a few until you find the one for you.



If you are ready to take that next step, but not sure what that is [book a 911 Performance Assessment with me](#) where we will chat with me about what you are currently experiencing, where you want to end up and create an action plan to get you where you want to be.

My goal is to figure out the best direction for you

Not everyone is a candidate for my program. I will be honest with you and together we will figure out what is the best way to get you back to getting a solid sleep, waking with energy, calm your short fuse and have the stamina and recover at home and on shift so you can stop surviving and start thriving. .

And if you haven't done so yet, join my [911 Stress Management FB Group](#) full of others and their partners like you, who are working towards becoming Elite First Responders. (Be sure to answer the questions to gain access)

Be Safe,  
Andi