

**San Francisco Fire Department to Prioritize Health & Wellness**  
*O2X Human Performance to provide wellness education for local fire fighters*

**MEDIA AVAILABILITY 09-02-2021 AT 2310 Folsom Street SF from 1:00 PM to 2:00 PM**

**San Francisco, CA** – From Aug 31 – Sep 3, firefighters and EMS personnel of the San Francisco Fire Department will participate in a four-day health, wellness and safety training workshop, which is part of a year-long education program and partnership with O2X.

The workshop will be run by [O2X Human Performance](#), a training and education company founded by former Navy SEALs. As tactical athletes, firefighters risk their lives daily to keep their communities safe. They endure physical, and more importantly, mental stress throughout their careers and as a result, it's become critical that they train their bodies properly to stay healthy, but also maintain their mental health.

During the first session, new recruits will hear from members of O2X's team that includes U.S. Special Operations veterans, strength and conditioning specialists, yoga teachers, mental performance experts, PhDs in nutrition and psychology, as well as sleep scientists. They will also be taking baseline performance assessments that will be used to track progress over the year.

The program components include:

- An in-person consultation with an O2X specialist
- Physical fitness challenges
- A body-composition analysis screening
- Tobacco screening and cessation resources
- The online O2X Human Performance Assessment

O2X Human Performance has successfully worked with hundreds of public safety agencies nationwide to provide innovative training and education aimed to help first responders finish their careers as strong as they started.

The training will take place at the San Francisco Fire Department Division of Training, 2310 Folsom Street, San Francisco, CA 94110

**About O2X Human Performance**

O2X Human Performance provides comprehensive, science-backed training and education so tactical athletes can finish their careers as strong as they started. The results driven O2X EAT SWEAT THRIVE curriculum encompasses all areas of human performance: nutrition, conditioning, sleep, stress management, and resilience. The O2X team is composed of U.S. Special Operations veterans, Olympic, professional, and All-American collegiate athletes, and 100+ human performance experts who teach the latest cutting-edge research in each of the primary fields of health and wellness.

Visit [o2x.com](http://o2x.com) for additional information.

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