

★ ★ ★ ★ ★ THE FIRST TWENTY PRESENTS ★ ★ ★ ★ ★

# MOBILE WELLNESS FOR FIRST RESPONDERS

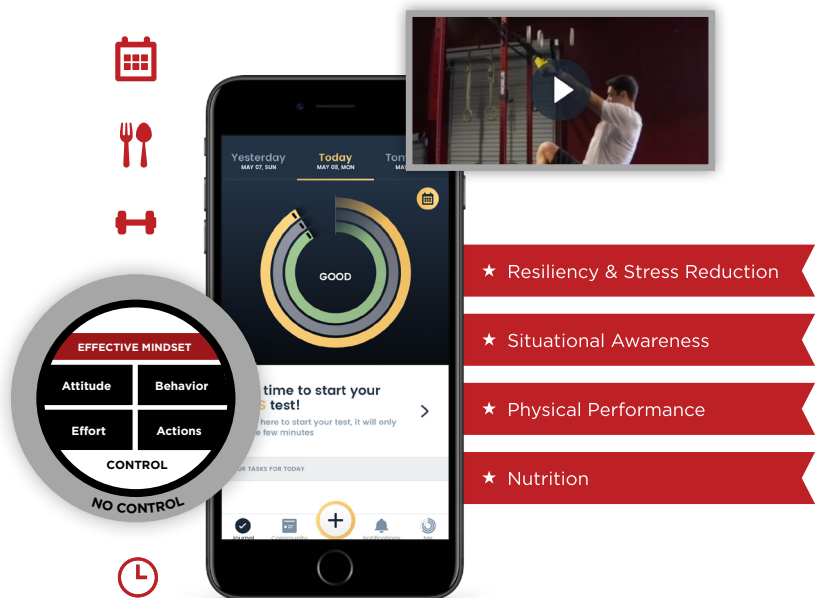
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We provide a mobile wellness platform that focuses on mental and physical performance optimization. Our holistic programming is delivered through a mobile app, community specific emails, lifestyle blog, social media and workshops.

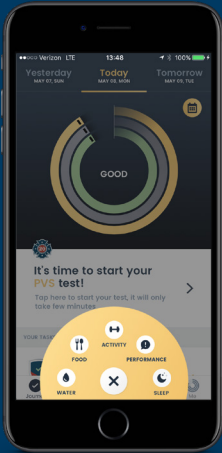
## OUR MOBILE PROGRAM ALLOWS FIRST RESPONDERS TO:

- 1 Implement eight mental performance techniques that enable them to build resiliency through long-term behavioral change and stress reduction
- 2 Analyze and adjust eight human factors that directly influence self-awareness and build situational awareness
- 3 Learn and develop three nutritional principles that lower BMI, build muscle and increase daily hydration
- 4 Utilize five physical performance criteria that allows them to increase strength, stability, mobility and resistance to injury

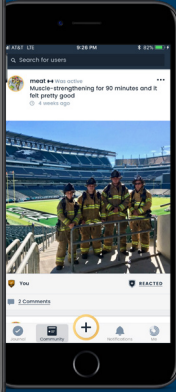


For more information and how to get involved, contact Dave Wurtzel: [dave@thefirsttwenty.org](mailto:dave@thefirsttwenty.org)

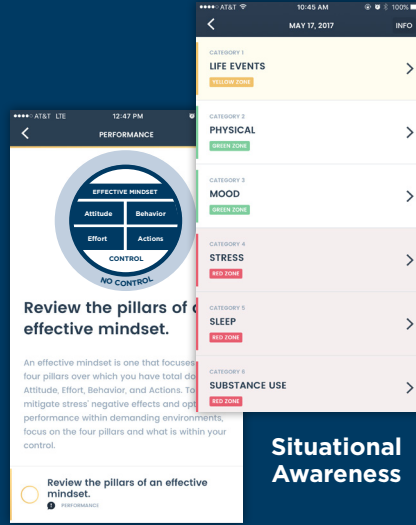
# MOBILE DELIVERY



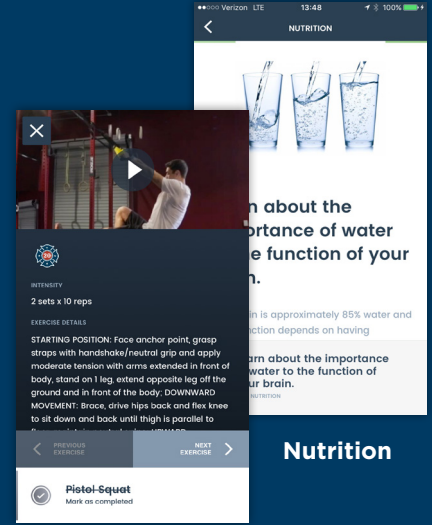
Holistic Approach



Community Engagement



Resiliency & Stress Reduction

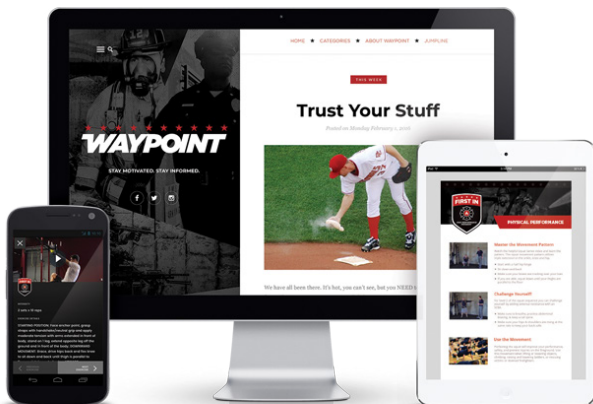


Physical Performance

Nutrition

## LIFESTYLE BLOG, EMAIL & SOCIAL MEDIA

Weekly relevant content delivered via email, social media, and the Waypoint blog help engage our audiences and keep everyone motivated to stay focused on purpose and performance.



## WORKSHOPS

Unmatched engagement with leading experts in their respective fields through in person workshops and webinars.

- ★ Licensed Psychologists & Mental Health Professionals
- ★ High Performance Training Instructors
- ★ Stress Management Consultants
- ★ Fitness Experts
- ★ Nutritionists and Dietitians

