

## **Physical Fitness**

In addition to regular exercise, this area includes proper nutrition, injury prevention, and recovery to maximize performance.

### **Internal Resources**

#### **Warrior Yoga** (Join GroupMe for class updates)

Wednesday at 1500 hours

Tulsa Police Academy

Tuesday and Thursday 1200 hours

Comstat

#### **Sheepdog Combatives** (Join GroupMe for class updates)

Monday and Friday at 1100 hours

Tulsa Police Academy

#### **Ground Zero Fitness**

Monday-Friday at 0700 hours

Tulsa Police Academy

### **Cooper Fitness Norms**

### **Heroes Workouts**

### **Nutrition Basics for a Healthy Lifestyle**

CLEET 16-1489

### **Nutrition Tips and Guidelines**

### **External Resources**



#### **Akins Natural Food**

<https://www.atkins.com/>

All Tulsa locations and online

15% off for first responders



**Burdette Jiu Jitsu**

<https://burdettejiujitsu.com/>

First Responders – Free training until Blue Belt



**Carson Fight & Fitness**

<https://carsonfightfitness.com/>

\$99/month for First Responders & Veterans- all programs



**Connect DME**

(Home Sleep studies, CPAP, supplies, etc.)

<https://connectdme.com/>



**Eastern Oklahoma Wellness and Chiropractic Clinic**

(Chiropractic care, Physical Therapy, Hormone Management)

<https://www.eowc.net/>



### **Fenix Strength and Conditioning**

[www.Fenixstrong.com](http://www.Fenixstrong.com)

20% off any membership

### **Tactical Performance** – Performance Training for First Responders & Combat Athletes

[https://fenix.pushpress.com/landing/plans/plan\\_e6a3e395916178/login](https://fenix.pushpress.com/landing/plans/plan_e6a3e395916178/login)

\$50/month



### **Gold BJJ**

[https://goldbjj.com/pages/military-and-first-responder-discount?srltid=AfmBOoq49CLDHM1390oz6mCVjmUg2CdZ5hgZ1b\\_ReMWNlgc\\_GSWeRzi8](https://goldbjj.com/pages/military-and-first-responder-discount?srltid=AfmBOoq49CLDHM1390oz6mCVjmUg2CdZ5hgZ1b_ReMWNlgc_GSWeRzi8)

35% off on all gear for military and first responders



### **Gracie Jiu-Jitsu Tulsa**

[www.gracietulsa.com](http://www.gracietulsa.com)

25% off for police, fire, and veterans



### **Omar French BJJ**

[www.omarfrench.com](http://www.omarfrench.com)

10% off for police, fire, and veterans

## **Relentless Martial Arts**

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<http://www.relentlessmartialarts.com/>



**Triton Fight Center**

[www.tritonfightcenter.org](http://www.tritonfightcenter.org)

Police Officers – free training until Blue Belt

Veterans – free training with proof of combat engagement or 80%-100% disability rating



**TTown Fitness**

10% off for military, fire and police



**Wellbeing Solutions**

(Health Coaching, Nutrition and Exercise Coaching, etc.)

<https://wbs.health/services/>

\*\* If you know of any resources not currently listed, please provide that information to Sgt. Mike Griffin at [mgriffin@cityoftulsa.org](mailto:mgriffin@cityoftulsa.org) or Officer Erin Bitting at [ebitting@cityoftulsa.org](mailto:ebitting@cityoftulsa.org)