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 FitnessMonday-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



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

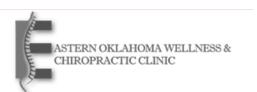
https://carsonfightfitness.com/

\$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

20% off any membership

Tactical Performance – Performance Training for First Responders & Combat Athletes https://fenix.pushpress.com/landing/plans/plan_e6a3e395916178/login \$50/month



Gold BJJ

https://goldbjj.com/pages/military-and-first-responder-discount?srsltid=AfmBOoq49CLDHM1390oz6mCVjmUg2Cdz5hgZ1b_ReMWNlgc_GSWeRzi_8

35% off on all gear for military and first responders



Gracie Jiu-Jitsu Tulsa

www.gracietulsa.com

25% off for police, fire, and veterans



Omar French BJJ

www.omarfrench.com

10% off for police, fire, and veterans

Relentless Martial Arts

Relentless Martial Arts

http://www.relentlessmartialarts.com/



Triton Fight Center

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 or Officer Erin Bitting at ebitting@cityoftulsa.org