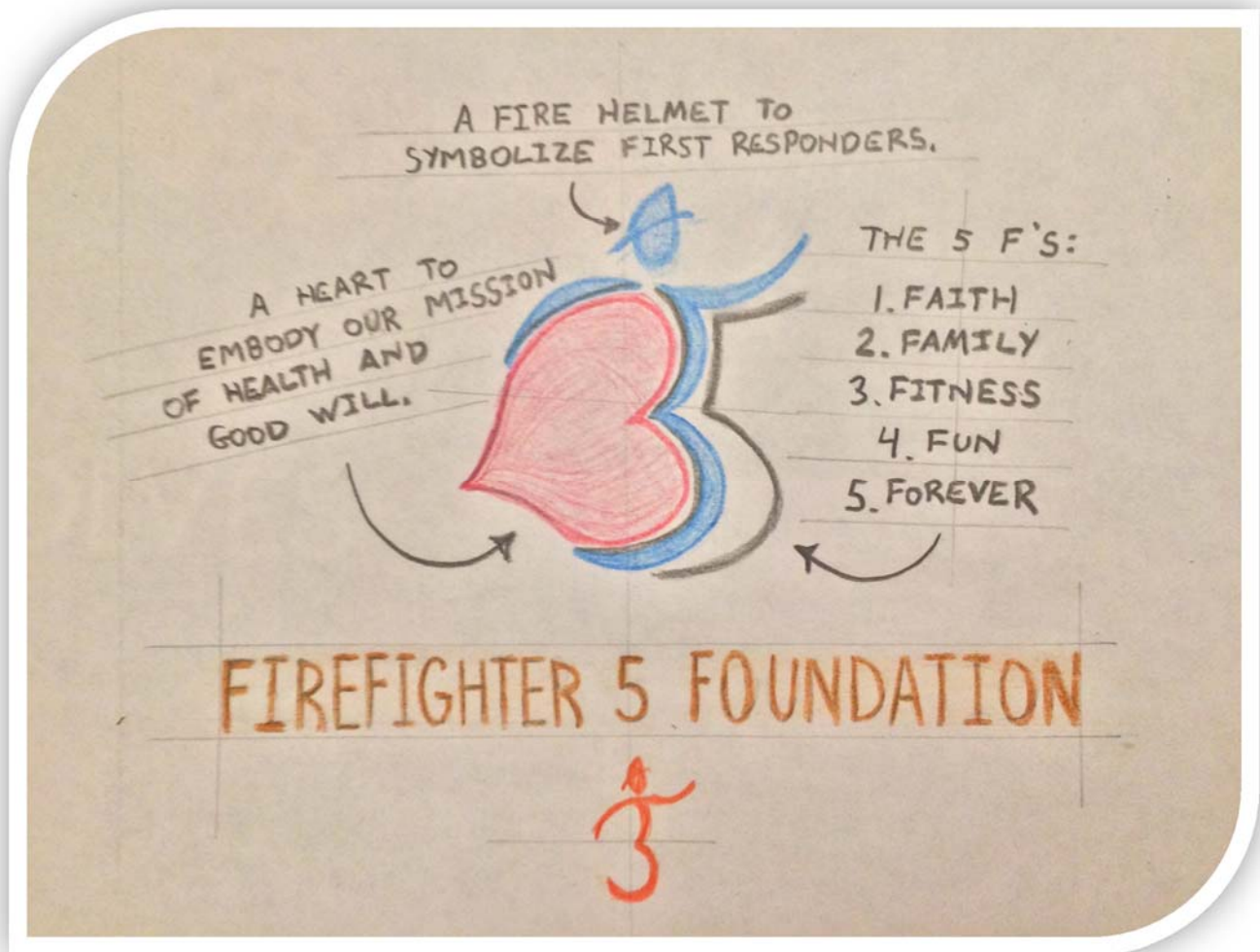


# FIREFIGHTER 5 FOUNDATION

## OUR LOGO, WHAT DOES IT MEAN?



Our logo encompasses our goals of promoting a healthy lifestyle through fitness and good will. We feel that helping others without the expectation of a return is one of the most rewarding things that we all can do.

We believe in what we refer to as the 5 F's

1. **FAITH** – Believing in what we are doing is with our best intentions
2. **FAMILY** – Understanding that we all are in this together. Helping one, helps the other.
3. **FITNESS** – To be able to help others we must be able to take care of ourselves first
4. **FUN** – A smile is contagious!
5. **FOREVER** – This is not something that we do once, it's a lifestyle.

The Foundations mission is to deliver the 5 F's to our first responders. Giving back a little to the ones that give everything.

