

FIT

FUEL. IMPROVE. THRIVE.

Fuel better. Move stronger. Work safer. Built for the construction industry, FIT brings practical health and wellness training directly to the construction workforce. The program is offered in partnership with Trivent Safety Consulting.

CORE COURSES

1 NUTRITION & HYDRATION



Build healthier habits with practical guidance on hydration, nutrition and making better food choices on and off the job site.

2 STRENGTH & MOBILITY



Learn practical stretching and strengthening techniques to improve mobility, support your body and build a personal fitness routine.

3 INJURY PREVENTION



Reduce physical stress and injury risk with practical strategies for better posture, movement, positioning and work planning.

4 BEHAVIORAL SAFETY



Understand how mental health, behavior and risk awareness affect safety and learn strategies for making safer decisions on the job.

REAL BENEFITS

- **BETTER PERFORMANCE**
- **REDUCED INJURIES**
- **STRONGER, SAFER WORKFORCE**

Build a stronger workforce at **NCCER.to/FIT** or call **888.622.3720**

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