

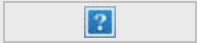
**From:** [Williams, Dana \(FDNY\)](#)  
**To:** [Perez, Alex \(FDNY\)](#)  
**Subject:** FW: The Recruiter: March 17th Issue  
**Date:** Thursday, January 11, 2018 4:49:47 PM

---

Newsletter #1

---

**From:** [recruitment@fdny.nyc.gov](mailto:recruitment@fdny.nyc.gov) [mailto:[recruitment@fdny.nyc.gov](mailto:recruitment@fdny.nyc.gov)]  
**Sent:** Saturday, March 18, 2017 1:30 PM  
**To:** Cristina Gomes  
**Subject:** The Recruiter: March 17th Issue



MARCH 2017

## Meet Our First-Ever Women's Outreach Coordinator



Firefighter Jackie-Michelle Martinez of Engine Company 275 in Jamaica, Queens is the FDNY's first-ever Women's Outreach Coordinator. Watch her path to join the FDNY. Begin your FDNY journey at [www.joinfdny.com](http://www.joinfdny.com).

## Time to Get FDNY Fit



Possessing superb stamina and strength is essential to saving lives as a New York City Firefighter. Below are a few helpful tips that all aspiring FDNY Firefighters can utilize to get a jumpstart in preparing for the career of a lifetime.

- **Commit to Be Fit!** Make sure you exercise at least four days a week.
- **Boost Your Cardio!** Complete exercises that get your heart pumping. Running, stair climbing, swimming and biking are all ways to enhance your cardiovascular fitness. Superb cardio health is a must for all Firefighters.
- **Build Your Strength!** Include sets of push-ups, sit-ups, pull-ups, squats,

bench presses and jumping jacks in your routine to build your strength. Firefighters need to have outstanding upper body and leg strength.

Learn more about getting FDNY Fit on our [website](#).

## FDNY Members Celebrate Lunar New Year



Members of our Department, in conjunction with the FDNY Phoenix Society, hit the streets of Chinatown on Feb. 5 to march in the 18th Annual New York City Lunar New Year Parade and Festival.

As part of our recognition of the "Year of the Rooster," our recruiters also shared information about our upcoming Firefighter exam filing period with prospective Firefighters at Sara D. Roosevelt Park on Chrystie Street. Our members also informed young professionals about our next Firefighter exam at the Mott Street Senior Center's Lunar New Year Celebration in Chinatown on Feb. 8.

Check out more photos from the [parade](#).

## Look for Us in Your Borough



The Join FDNY Street Team recruits daily in different communities throughout the five boroughs of New York City. If you see one of our Firefighters in your neighborhood when you're out and about, take a few minutes to speak to him or her to learn more about the job. They have exam information, first-hand stories about their career and much more to share with you.

 joinfdny.com

    #JoinFDNY

