



FIRST RESPONDER LEADERSHIP COURSES

The Healthy Brain Leader

How Brain Health Shapes Leadership, Decision-Making, and Team Wellness

Instructor: Dr. Bernard Franklin

Module 3 — Movement and Exercise

Learning Objectives

Participants will:

- Understand movement as brain medicine.
- Recognize oxygen's role in brain performance.
- Develop sustainable movement habits.

Key Concepts

- Movement increases blood flow and oxygen to the brain.
- Oxygen is essential for clear thinking and sound decision-making.
- Exercise improves mood, focus, and stress resilience.
- Consistent movement is more important than intense workouts.
- Healthy leaders intentionally make movement part of their daily routine.

Module 3 — Movement & Exercise

Leadership Action Guides

How active am I during my shift? _____

How can I move more each day? _____

Three Realistic movement goals:

1. _____
2. _____
3. _____

Leadership Reflection

Leadership demands physical and mental energy. The way you care for your body directly influences how you lead others.

Reflection Questions:

Does my daily routine provide enough movement to support my physical and mental performance? _____

Am I modeling healthy habits for the people I lead? _____

What simple habit can I build into my schedule to improve my energy and resilience?

