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|  | FALMOUTH VOLUNTEER FIREFIGHTER'S ASSOCIATION FIRE AND EMERGENCY MEDICAL SERVICES SAFETY INITIATIVE | | |
| | SUBJECT: PERSONAL HEALTH-FITNESS | | NUMBER: SI09-003 |
| | APPROVED: Kevin Good, Fire Chief | | INITIATED 10/01/2009 |
| | PREPARED: James Morris, Sr., Safety Officer | | REVISED |

This quarter we will continue to look at Health issues.

Statistics show that 45 % of the On-Duty Firefighter deaths each year are caused by heart disease. 74% of the Firefighters with high blood pressure do not have it adequately controlled.

So what can be done about this? **“Get Up and Get Moving!”**

All available studies show that 20 to 30 minutes of exercise 3 times a week will have a positive effect on controlling your blood pressure and preventing heart disease.

“But I hate to run” or “I can’t run”

One does not have to run to get these benefits. The goal is to increase your heart rate. The American Heart Association recommends that your exercise heart rate should be between 50% and 75% of your maximum heart rate. Your maximum heart rate is calculated by subtracting your age from 220.

Start out by walking. If you got a dog, take him with you. It will do him some good too. As the walking gets easier for you, increase your pace or your time and distance.

Take the Talk Test

You should be able to carry on a conversation during your workout. If you are breathless, or can't talk, you're working too hard! Slow down. Also, keep

in mind that dizziness and lightheadedness is *not* a good sign. If you experience this, you are overexerting yourself and should stop!

We believe so much in these health benefits that we are going to make you an offer you can't refuse.

Complete 30 miles or 600 minutes of physical activity in 30 days and we will give you a workout shirt and shorts.

Just complete the attached sheet and submit it to the Health & Safety Division. This will be on an honor system. We are so convinced that after 2 weeks you will see and feel the benefits.

To help you plan your route, we have measured the following tracks:

Drew Middle School Track: Approximately 1000' per lap or 5 & 1/3 laps for 1 mile

Pratt Park: The gravel track around the ball fields: 1 mile

Check the Safety Bulletin Board outside of the kitchen for information on stretching, warming-up and cooling down.

It's Fall.

It's cool outside.

The challenge has been made, are you up to it?

Let's "***Get Up and Get Moving***"

NAME: _____

| Date | Activity | Time/Distance |
|-------|----------|---------------|
| 1 | | |
| 2 | | |
| 3 | | |
| 4 | | |
| 5 | | |
| 6 | | |
| 7 | | |
| 8 | | |
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| 10 | | |
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| 22 | | |
| 23 | | |
| 24 | | |
| 25 | | |
| 26 | | |
| 27 | | |
| 28 | | |
| 29 | | |
| 30 | | |
| Total | | |

Activity: W=Walking J= Jogging R= Running

M= Machine (Stair Stepper, Nordic Track, Bike, etc.)

**** Completed Forms are to be turned into Safety Officer Morris.**