



Ron D. Myers  
Fire Chief

# North County Fire Authority Health & Wellness Newsletter

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## Topics:

- Habits
- Healthy Lifestyle
- Healthy Living Tips
- Healthy Recipe

## Safety Tip

Do not over exercise.

Listen to your body and stop if you develop sharp pains.

## Workout Tip

Shorter workouts can be better than longer ones if the intensity is higher and you become more focused as a result.

## Habits Affect Job Performance

North County Fire Authority encourages the importance of health and wellness. In “just culture,” we define values, beliefs, and norms identifying what is important, how to behave, and what behavioral choices and decisions are



appropriate related to occurrences of human error or near misses. Maintaining a healthy lifestyle can contribute to increased alertness and the reduction of errors and misses.

## Exercise and a Healthy Lifestyle

We encourage an overall healthy lifestyle. As fitness and nutrition improves, activity becomes easier. Exercise increases stress resistance and improves overall sleep. An active lifestyle also encourages other health-promoting habits, such as avoiding tobacco and alcohol, while developing healthy eating habits. Along with proper nutrition, firefighters lower their risk for injury or even death with more and consistent exercise.



## Healthy Living Considerations

**Improve heart health.** The importance of aerobic exercise cannot be overstated. Heart attacks cause the majority of deaths among on-duty firefighters. Regular aerobic exercise helps prevent heart disease, strengthens the heart muscle, decreases clotting, and stabilizes the electrical activity of the heart. Aerobic exercise slows plaque buildup in the arteries and also helps to normalize blood pressure, especially in people whose blood pressure is somewhat elevated.

**Improve heat tolerance.** Exercise increases blood volume, which improves heat tolerance. Improved heat tolerance will help with exposures to increased heat environments.

**Preventing Type II diabetes.** Exercise improves the body's ability to regulate blood sugar.

**Strains and sprains.** Physical activity strengthens the muscles and joints and other structures like tendons and ligaments that help hold the body together. This strengthening decreases the risk of strains and sprains which is the leading cause of injury for firefighters. Maintaining flexibility in the muscles of the legs and lower back and increasing strength in the abdominal and back muscles can help prevent the development of back problems. Back problems among firefighters often develop from lifting hoses and equipment and moving apparatus.

**Improve emotional state.** Firefighters often deal with life-and-death situations. Taking part in health and wellness programs may improve psychological and emotional states, which will improve emotional reactions during a life-and-death situation. An improved emotional state also improves self-esteem, self-efficacy, and sleep patterns, thereby reducing depression, anxiety, and stress.

**Maintain weight loss.** Exercise and proper nutrition help control body weight and are essential in any weight loss program. Weight loss is more likely to be maintained if a person continues to exercise. Weight loss increases stamina as well as aerobic abilities, both of which are needed for firefighting.

### **Healthy Recipe**

## **Grilled Salmon & Zucchini with Red Pepper Sauce**

Yields 4 serving

### **Ingredients**

- 1/3 c. sliced almonds, toasted
- 1/4 c. jarred roasted peppers, chopped
- 1/4 c. halved cherry tomatoes
- 1 clove garlic
- 1 tbs. olive oil
- 1 tbs. red wine vinegar
- 1 tsp. smoked paprika
- 3/4 tsp. salt, divided
- 1/2 tsp. pepper, divided
- 1 1/4 lbs. wild-caught salmon (cut into 4 portions)
- 2 medium zucchini, halved lengthwise

### **Directions**

1. Preheat grill to medium
2. In a blender, combine almonds, peppers, tomatoes, garlic, oil, vinegar, paprika, 1/4 tsp. salt & 1/4 tsp. pepper & blend until smooth & set aside.
3. Coast salmon & zucchini on both sides with cooking spray, then sprinkle with remaining salt & pepper. Grill until salmon is cooked through and the zucchini is soft, about 3 min. per side.
4. Transfer the zucchini to a clean cutting board and slice into 1/2-inch pieces. Toss in a bowl with half of the sauce.

5. Divide the zucchini & salmon into 4 servings & top with remaining sauce. Serve.

**Recipe provided by**  
**[EatingWell.com](http://EatingWell.com)**

