TAKE 5 FOR SAFETY

INSTRUCTOR'S NOTES

5-MINUTE SAFETY DRILL

Wellness: It's Time To Get On Track

FOCUS: A good wellness program includes a fitness component that has to be continuous. The problem with most of us it that we don't sustain our efforts. This is critical if our firefighters are going to maintain a healthy lifestyle.

Date:_____

Shift:_____

Dept:_____

Station:_____

Training Code:_____

NOTES:

CHALLENGE

In order to perform our duties effectively we need to be in good physical condition. Getting into shape and staying there is more difficult than we think. In this busy world, life can get in the way. We have responsibilities to our family members, work and our community. With limited hours in the day, if we don't make time, there won't be time.

We must make personal wellness a priority item and establish a routine that will include our fitness activities to ensure they happen! A key factor in getting started with a wellness program is our personal commitment. We should establish realistic goals that will improve our physical or emotional well being.

Identifying a wellness partner is another step that could get us on the right track. and ensure we stay on track. A team mate makes it easier to maintain a routine. The person selected should share the goals to achieve the most success. Teaming up with a spouse, partner, family member, friend or co-worker allows you to spend quality time with them and can make working out more fun

Let's face it, we need all the motivation we can get to maintain a successful fitness regimen. If it's an enjoyable activity we're more likely to stick with it!

DISCUSSION

- Have you had an appropriate wellness program developed for you?
- How did you decide on the goals and activity?
- Are you stick to your workout regimen, if not why not?
- Do you enjoy your workouts?
- What are simple things that you can do throughout the workday to improve your health?
- List 5 things you can do each day at work to improve your health such as taking a walk, using the stairs, eating less junk food, breathing exercises.
- Have you considered a wellness partner to help motivate you?
- How are you going to set goals and track your progress?

The greatest asset of the fire service is our people; protect them!

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