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NATIONAL FIREFIGHTER HEALTH WEEK WRAP-UP: STAY HEART-HEALTHY YEAR ROUND WITH THE NVFC

August 18-22 marked the 2nd Annual National Firefighter Health Week. This was an opportunity for you to re-commit yourself to your healthy habits, or a chance to begin the journey to a healthier, stronger you. Launched by the National Volunteer Fire Council (NVFC) in 2007, the Week is designed to help you focus on your own health as well as the health and wellness of your fellow first responders. Although 2008 Health Week has ended, it is important to continue to make your health and wellness a focus throughout the year.

Many departments and emergency organizations conducted special activities and events during National Firefighter Health Week. Proving that health and wellness is important to all firefighters, volunteer and career, the Hermosa Beach (CA) Firefighters Association (HBFA) invited experts to conduct health talks to impart the importance of healthy living to its members.

The HBFA event featured Dr. Michael Richman, WebMD's medical cholesterol expert, as well as other health professionals in fitness, nutrition, heart-health, and stress management. Heart-Healthy Firefighter materials were also distributed to attendees as resources to assist them on their path to healthy living. The Association, which consists of full-time paid association members and some reserve fire and EMS personnel, emphasized that Health Week and its messages of firefighter health and wellness is critical to all first responders. Find out more about the Hermosa Beach Firefighters Association at <http://www.hbfirefighters.com/>.

Every day is an opportunity to be heart-healthy. You can access the [National Firefighter Health Week Resource Center](#), the [Health Week podcast](#), and many other resources all year long at www.healthy-firefighter.org. This site contains tools and information to help first responders, their departments, and their families on the road to heart-health. The site also contains tools to help implement and maintain a heart-healthy lifestyle, including heart-healthy recipes, motivational success stories, and the Fired Up for Fitness Challenge.

Decreasing your risk factors and making healthy lifestyle choices benefits not only you, but also your family and the community that you serve. Make the effort to continue healthy living all year round. Learn more about the NVFC Heart-Healthy Firefighter Program's many resources at www.healthy-firefighter.org. It takes a person with heart to be a firefighter. Keep it strong.
