

MCFR MONTHLY WELLNESS

FEBRUARY 2024 NEWSLETTER



BE A CATALYST FOR YOUR HEALTH

Starting 2024 With A Healthy Heart

Being in the fire service comes with its obvious risks. Cardiovascular events and heart disease are some of the biggest risks that you may not think about when on the fire ground. February is American Heart Month where we focus on how you can help to prevent heart disease so that you can have a long and healthy career.

How to Better Your Heart Health

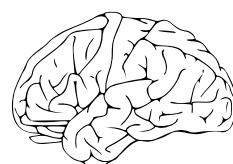


PHYSICAL FITNESS

Aim for 150 minutes per week of moderate-intensity aerobic activity or 75 minutes per week of vigorous aerobic activity. Or a combination of both!

Examples of moderate aerobic activity: WALKING, BIKING, REC SPORTS

Examples of vigorous aerobic activity: RUNNING, SWIMMING, HIKING, JUMPING ROPE, COMPETITIVE SPORTS



MENTAL HEALTH

Did you know that having a positive attitude can help prevent heart disease? There have been research studies done that show those with a high level of optimism had a 30% lower risk of developing heart disease.

Even if you consider yourself a pessimist, it is possible to become optimistic! Here's a mental reset that you can do during hard times to help you focus on the positives.

Think of:

- 3 positive things that happened to you today.
- 2 things you look forward to tomorrow.
- 1 thing you'd like to improve from today.



NUTRITION

Your diet is the foundation for overall health and wellbeing. What you eat can even help prevent heart disease. Maintaining a healthy weight for your height and age can also prevent heart disease, and diet plays a huge part in maintaining a healthy weight.

Keep your diet as natural and unprocessed as possible: lean meats, dairy products, fresh fruits and vegetables.

You can still enjoy red meats, added sugars, sodium, and trans-fat, just enjoy them in moderation!

[CLICK HERE TO LEARN
MORE FROM THE
AMERICAN HEART
ASSOCIATION!](#)



MCFR HEALTH & INJURY PREVENTION

Questions about that aching shoulder pain? Back pain keeping you from doing PT like you used to? Just having a hard time figuring out what that pain is in your knee? Make an appointment on or off shift by scanning the QR code! Kelsey is able to evaluate and treat your complaint with personalized rehab, functional movement screening, and much more. All focused on keeping you on the floor LONGER.

