

MCFR MONTHLY WELLNESS

JUNE 2024 NEWSLETTER

4TH BATTALION
STATION VISITS
THIS JUNE
SIGN UP TODAY!



Station 2C making the FMS test fun!

BE A CATALYST FOR YOUR HEALTH

Hydration

The days are getting longer and the temperature outside is rising, making hydration even more important over these next couple of months. This month, learn more about how you can stay hydrated while at work or at home!

PRE-ACTIVITY



16-32 ounces on the way to work or during lineup.

Equivalent to two 12-ounce plastic water bottles + one 8-ounce glass of water.

DURING ACTIVITY



8-10 ounces of cool water every 15 minutes.

8-10 ounces of electrolyte-rich drink (Liquid IV, DripDrop, Fire Salt) if longer than 90 minutes.

*Recommend cutting a 12-ounce sports drink to half water, half drink for sensitive stomachs.

POST-ACTIVITY



Less than 60 minutes of fire activity:

DRINK WATER

Greater than 60 minutes of fire activity:

DRINK SPORTS DRINK

THIS IS THE TIME FOR YOUR LIQUID IV!

[CLICK HERE TO LEARN ABOUT THE SCIENCE BEHIND LIQUID IV!](#)

No water consumed during fire activity:
REHYDRATE FAST

*Drink 16-ounces (2 cups) of water or sports drink every 15-20 minutes.

BENEFITS OF PROPER HYDRATION

Click on each of the below icons to be taken to research that supports each benefit



Increased brain function & decision making.



Joint lubrication meaning decreased joint pain.



Decreased risk of cardiac event.



Temperature regulation.



Increased energy & performance.

DEHYDRATION SIGNS & SYMPTOMS



Watch out for yourself & those around you.

- Headache, delirium, confusion
- Fatigue
- Dizziness, weakness
- Dry mouth or dry cough
- Darker yellow urine
- Muscle cramping
- High HR/Low BP

[CLICK HERE FOR MORE SIGNS & SYMPTOMS OF DEHYDRATION](#)

PAY EXTRA ATTENTION TO HYDRATION LEVELS WHEN:

- Increased outdoor temperature
- Active vomiting or diarrhea
- Burns, sun exposure
- Dark urine per [urine chart](#) (linked here!)



IMPORTANT ANNOUNCEMENTS!

BATTALION 4 INJURY PREVENTION STATION VISITS!

JUNE 3RD (A), 5TH (C), AND 10TH (B)

Find the sign-up JotForm linked [HERE!](#)



SHOUTOUTS!

Big shoutout to the 3rd battalion taking the lead with 3 perfect scores on the Functional Movement Screen (FMS)- With Station 31 with 2 of those!