

FIT *for* DUTY

Working for your Wellness



January 2022

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Choosing to Make a Change Keto Diet Proves Successful for IFD Firefighter

by Kim Wiesmann, Public Health Specialist, MPH

A new year often brings excitement and motivation to make healthy changes. Weight loss and exercise tend to be the most common areas of wellness individuals want to improve. Making change last requires more than a new year goal. You need to know your “why.” Chief Dale Rolfson knew his why, which led him to lose over 100 lbs, through a new diet and exercise. Rolfson says, “I just didn’t feel well and my annual physical results made me think about making a change.”

So where did he start? “I saw the results of a few friends in the office had experienced, so I asked them how they did it (the Keto Diet). Their results were dramatic over a very short period of time. I spent a month doing research and prepared myself for the change, as I was determined to make it work. **My health depended upon it!**” The Ketogenic Diet, known as Keto is a low carb, high fat diet. Rolfson turned the diet into a complete lifestyle change. “The research never ends. I’m always looking for new recipes and alternatives to things I enjoy eating. There is a ton of valuable information on the internet and social media platforms. I feel great and I’m determined not to go back to how I felt a few years ago.”

Keto Tips from Chief Rolfson:

(This is not intended to be a substitute for professional medical advice, diagnosis or treatment)

- Do your research before starting any diet.
- Use an app to track your Macros. Chief Rolfson recommends LifeSum.
- Keto Info on YouTube: Subscribe to Dr. Eric Westman, Adapt your Life, 2 Keto Dudes, 2 Fit Docs, Dr. Ken D. Berry
- Rolfson likes to sip Ketoade daily - Recipe: 1/4 tsp of No Salt (100% Potassium), 1 tbs of magnesium citrate (scoop), 1/4 tsp of Himalayan pink salt, 16 oz water

If you want more information on a specific diet or nutrition guidance, contact Department Nutrition Specialist Capt. Carlos Wood.



Before Keto



After Keto



HONEY GARLIC CHICKEN

INGREDIENTS: (Serves 12)

Chicken breast, 15
Wild rice, 3-5 lb (15 servings per container)
Sesame seeds
Parsley
Soy sauce, 4 tbsp
Garlic, 8 cloves
Rice wine or apple cider vinegar, 1/2 cup
Honey, 1 and 1/3 cup
Water, 1 cup

DIRECTIONS:

1. Prepare chicken by cutting against the width to double the chicken breasts. Salt and pepper both sides and let sit for 20 min.
2. Cook in a skillet or pan for about 4 min each side or until cooked through.
3. Remove from heat and let cool while you prepare the sauce.
4. **Sauce:** In a small pot mix together honey, vinegar, water, soy sauce and minced garlic. Bring to a simmer and whisk for about 5- 6 min until the sauce thickens.
5. Chop chick into 1" cubes, place back in skillet and toss in sauce along with sesame seeds. Cook a few more minutes and top with parsley.

For quick informational video filmed at Station 10, [click here](#). For a printable version of the recipe including the roasted veggies, [click here](#).

NUTRITION

Tips to Help You Lose Weight in 2022

by Captain Carlos Wood, Nutrition Specialist, PN 1 & 2

It's that time of year again! You've wrapped up all the holiday and Firehouse celebrations. During the past couple of months, between home and the station, pastry treats and desserts seemed like they were in endless supply (or at least more than usual). Potentially, leaving you with a few extra pounds and an expanded waistline.

So, you say to yourself, along with the rest of the world, "It's *time to set goals and lose some weight*." However, that's often easier said than done. Before you make yourself another broken promise, (some research shows less than 10% of people actually stick with their new year goals) sit down with a Firehouse calendar and plan out your year in blocks. Try scheduling a minimum of three (3) months at a time. This includes side jobs, spring break, summer vacations and anything else you do with family and friends that takes time away from a workout or other self-care practices. Once you have those commitments on the calendar, start plugging in an hour or more of exercise into your schedule. If losing body fat and getting in better cardiovascular shape is important to you, then you **MUST** make a commitment of when this will take place on a weekly basis. Once your calendar is complete, you can begin to add in other ways (see tips below) to help you accomplish your weight loss plan. Make sure to tell your shift mates and family your goals so they can help keep you accountable. While exercise is important, losing body fat definitely starts in the kitchen.

Here are some tips to get your weight loss started:

- Eat a protein source with every meal or snack
- Drink plenty of water, preferably half your bodyweight in ounces
- Get adequate sleep, 7-8 hours off duty, do what you can on duty
- Resistance train 2-3 times a week
- Eat 4-5 servings of vegetables per day
- Eat real food (Stay away from ultra-processed foods as much as possible)
- Take time to chew your food (10-20 chews per bite)
- Cardio training 30-60 mins - 2 times a week minimum (walking counts)
- Eat 2-3 servings of fruit per day

"If it's important to you, you will find a way! If it's not, you will find an excuse."

For more information and nutrition guidance feel free to contact your friendly Department Nutrition Specialist Capt. Carlos Wood.



I'm looking forward to using my experiences and education to help others. I have a debt of gratitude I want to pay forward.

HEALTH & SAFETY

Meet Chief Bob Cesnik

Health & Safety Chief - Health & Wellness Center (HWC)

Chief Bob Cesnik took this position in late 2021. He has been a lifelong resident of Indianapolis and previously worked at IU hospital doing interventional medicine. He is married with two grown daughters and a granddaughter. He worked as a paramedic for IndyCar for 24 years and traveled around the world. Chief Cesnik is currently finishing up a second degree in counseling and ministry with Johnson University.

1. What led you to this position in Health and Safety?

After I had COVID, I was physically and mentally shredded. I thought my career was over and the likelihood of recovery was slim. The HWC took me from despair to hope and recovery. It was a wonderful feeling. My last day on the street before I started my job at the HWC was eventful. After a basement fire, I was thinking how far I had come. I want to generate that kind of hope and recovery to our members.

2. What are your goals for the Wellness Center?

One of my goals is to support the overall wellness of our members. With all our resources, I want to promote a holistic approach to our members' recovery and rehab. I recognize the accumulative needs for recovery: physical, emotional, social, and spiritual. We concentrate on better physical assessments before, during and after conditioning. The HWC's success has been noticed and we finally have doctors referring their patients directly to us. We have more options to increase a member's physical capacity, provide treatment and emotional support compared to a physical therapy office.

My long-term goals include a climate controlled rehab area for our fragile members. We also need to consider beautification or improving the interior design of the rehab facility. I want to create a motivational environment with improved color schemes filled with light. The HWC should be a welcoming place where members are inspired.

3. What do you like best about this position?

An important component of my position is leading. If I am guided by my faith, I should lead with a servant's heart and compassion. That means keeping other's needs and wants as my primary motivation. I need to keep my ego in check. The thing I like best is interacting with our clients. Part of my counseling training included doing a needs assessment for care appointments. I have integrated that into my new position. It is difficult to think about conditioning and rehab from an illness or injury when you have other problems to overcome. This will help me provide resources at my disposal for members to achieve their goals.



WELLNESS

Living a Well Life

by Kim Wiesmann, Public Health Specialist, MPH

Wellness is a broad concept that views our health in a holistic manner. When we struggle in one area of our life, other areas are typically affected. For example, if you're struggling with your weight (physical), you may also suffer in the emotional dimension. Or if you're involved with a church (spiritual), that may also help you make close friends (social) and improve connections. Therefore, it's important to recognize the eight (8) dimensions of wellness, how they are intertwined and what you can do to improve in each area. SAMHSA states, "Wellness is about how we live our lives and the joy and fulfillment and health we experience." This year, *Fit for Duty*, will incorporate each area into our articles and videos to help you live more purposefully and well.

The Eight Dimensions of Wellness are:

- Emotional
- Spiritual
- Intellectual
- Physical
- Environmental
- Financial
- Occupational
- Social

In this issue, we focus on the physical component. This component includes diet, physical activity, sleep, substance use and overall health care. Take a moment this month to look at your current habits in this dimension. A few questions to ask yourself:

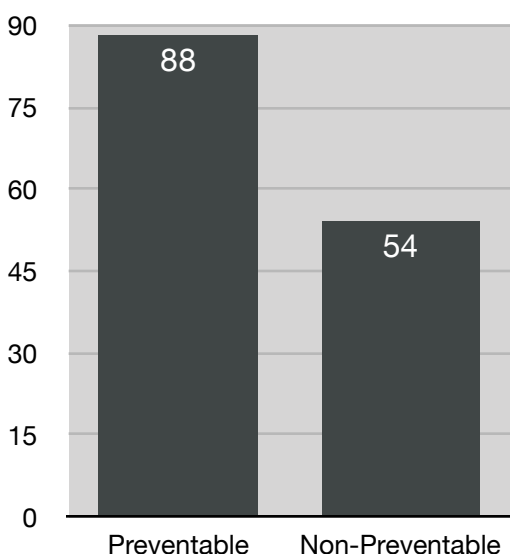
- Are you eating more whole foods or processed foods?
- Do you get a minimum of 150 minutes of exercise each week?
- Are you getting 7-8 hours of sleep most nights of the week?
- Do you need to quit smoking/alcohol or reduce alcohol intake?
- Do you regularly visit a primary care provider, dentist, eye doctor, etc for routine care?
- Have you had your PFE in the past year?

Based on your answers, do you need to set new goals for 2022? Are there areas of wellness you could improve? If so, our team can help. Contact Kim Wiesmann at kim.wiesmann@indy.gov to get you to the right team member. For a step-by-step guide to the eight dimensions, [click here](#). Or for a one page printable to post in the station, [click here](#). Next month, we'll continue to offer tips to improve your physical wellness.

SAFETY BULLETIN

VEHICLE ACCIDENTS

2021 Accident Data



The Indianapolis Fire Department cares about your safety when responding to and returning from incidents. While an emergency vehicle may feel safe due to its large, heavy frame, an accident can be deadly. In 2020, NFPA reports 29% of Firefighters Deaths were responding to or returning from alarms. Intersections are the most dangerous area for emergency vehicle accidents.

The simple graph to the left shows the difference between the number of Preventable vs Non-Preventable accidents from Jan. to Dec 31, 2021. General Order 9.14 covers the department's Emergency Vehicle Operations protocols.

Per GO 9.14, Intersection Protocols are as follows:

- ➡ The emergency vehicle driver/Engineer should begin to slow down well before reaching the intersection and cover the brake pedal with their foot. Continue to scan in all four (4) directions (left, right, front, rear). Scan the intersection for passing options. Passing on the left is preferable. Should the only route of access be to pass on the right, use extreme caution. Avoid using the opposing lane of traffic when possible.
- ➡ Any intersection controlled by a stop sign, yield sign, yellow traffic light, a RED traffic light, a blind intersection, any intersection where hazards (ie. People) are present and/or the driver/Engineer cannot account for all oncoming traffic lanes, or in any other instance when a STOP would be required under normal driving conditions will require the vehicle/apparatus to come to a complete, absolute and visually discernible stop.
- ➡ The emergency vehicle shall not enter the intersection until all approaching traffic has yielded the right-of-way and it is safe to proceed. The driver/Engineer shall ensure all approaching vehicles in all lanes have yielded the right-of-way before advancing.
- ➡ If necessary, due to traffic conditions or visual obstructions, the driver/Engineer shall cross the intersection in stages, treating each lane as a separate intersection. The driver shall stop the vehicle, as necessary, to ensure each lane may be crossed safely.
- ➡ When approaching an intersection with a GREEN light, drivers/Engineers shall be prepared to stop immediately when necessary. Do not assume oncoming/opposing traffic has stopped. Drivers/Engineers shall proceed with caution approaching the intersection and visually confirm oncoming/opposing traffic is stopped. Drivers/Engineers shall be aware of other emergency vehicles responding.

NEW PARTICULATE HOOD

All firefighters should receive one (1) new particulate hood by the end of Jan. 2022. The new particulate hood provides better protection from cancer causing carcinogens.

There is a short training video available on 9th Brain. You can also [click here to watch](#) Chief Cook discuss the new hood. If you have questions, you can contact Captain Sean Wood or Chief Cook (317) 327-6026 in the Quartermaster.