



FIT *for* DUTY

Working for your Wellness

February 2022

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Don't Take a Chance IFD Firefighter Survives the “Widowmaker”

by Kim Wiesmann, Public Health Specialist, MPH

The day after Thanksgiving 2018 started out like any other normal day for Captain James Turner. He wasn't experiencing any health issues that would alter his day to day routine. In the afternoon, he started to experience an upset stomach. When his wife got home, she took one look at him and said he didn't look well. She got him to go to the ER. Turner says, “Literally I walked in and they ran an EKG and said, you're having a heart attack.” He was immediately transferred to St. Vincent's for surgery.

When doctors performed the surgery, they discovered he was having a “widow maker” heart attack, which is 100% blockage in the left anterior descending artery. This type of heart attack can be particularly deadly.

Heart Disease is the leading cause of death in men and women in the United States. Research shows the leading cause of Line of Duty Deaths is cardiac events. Turner knew the statistics. But he never expected a heart attack to feel like what he was experiencing. **“Don't think**

it's the elephant sitting on your chest or that crushing pain you can't stand. Look for some of those smaller signs. Fireman deny pain and work through so much pain that I think sometimes it's a detriment when it comes to situations like this.”

Captain Turner says, “I feel very fortunate to come back to work.” After the MI, he began watching his salt intake, reading labels, avoiding fried foods, and increasing exercise to maintain his cardiovascular health. He particularly avoids soups due to the high sodium levels.

Here's a few tips to keep your heart healthy:

- Exercise regularly. Check out our metabolic workout on page 4.
- Eat a diet heavy in plant based foods.
- Practice stress reduction techniques like meditation and getting out in nature.
- Lean on and nurture positive relationships.





BUFFALO CAULIFLOWER TACOS

INGREDIENTS: (Serves 8)

- 3 Heads of cauliflower
- 2 Small shallots
- 3 Cloves of garlic
- 3 Cups of water
- 2 1/4 cups of flour
- 2 Tsp Salt & 2 Tsp pepper
- 1 Cup of butter
- 1 1/4 Cup of Franks Red Hot

DIRECTIONS:

1. Preheat oven to 450 degrees.
2. Cut cauliflower into small florets.
3. Combine flour, water, salt and pepper in a bowl and whisk until smooth. Place cauliflower in flour batter, toss to coat each piece.
4. Coat a large sheet pan with cooking spray. Let some of the excess batter drop off each floret. Then place on sheet pan, making sure they don't touch.
5. Cook cauliflower for 10-12 minutes or until bottoms are dark brown. Flip each piece over and cook for another 7 minutes.
6. While cauliflower is in the oven, finely dice 3 cloves garlic and 2 shallots. Sauté in a little butter until soft. Add Frank's to the garlic and shallot mixture and heat until warm. Remove from heat, then add the butter and stir until the sauce is well combined.
7. Remove the cauliflower from the oven when it is ready and toss with the buffalo sauce to coat.
8. Serve 4-5 pieces in a warmed tortilla. Top with cabbage slaw, cilantro, onion, tomato, chipotle adobo sauce and avocado crema.

For quick informational video filmed at Station 1, [click here](#). For a printable version of the recipe including the roasted veggies, [click here](#).

NUTRITION

The Heart of the Matter

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

Nearly 40-50% of on-duty firefighter deaths in the US can be attributed to heart disease. The physical demands, exposures and accumulated stress take a toll on firefighter's bodies. High quality nutrition is imperative to fight back against occupational risk factors and personal risk factors such as family history, elevated blood pressure, cholesterol and BMI. The Ornish diet, Dash diet, Mediterranean diet and the Engine 7 diets are all evidence based diets to help prevent and reverse heart disease.

What do they all have in common:

- Utilize plant based foods as the foundation for your meals, include lots of vegetables and reasonable portions of whole grains, beans/lentils, nuts/seeds
- Increase fruit consumption, including colorful berries
- Limit added sugars (artificial sweeteners) and salt
- Choose lean meat, fish and poultry in small amounts
- Avoid white flour, white rice and other processed foods
- Reduce total fat intake, especially trans fats and sat fats. Choose foods with healthier Omega-3 fatty acids.
- Reduce dairy intake
- Don't drink your calories. Choose water, unsweetened tea or black coffee
- When possible, choose organic, whole foods

It's been said the best defense is a good offense. On top of the nutrition tips listed above, here are four (4) more simple tips that can lead to a healthier heart.

- Give up tobacco products
- Maintain a healthy weight
- Be active (Walk a minimum of 22 mins a day to start small)
- Maintain healthy levels of cholesterol, blood pressure, and blood sugar

Remember, research states, "sudden cardiovascular death represents the number one preventable cause of death for on-duty firefighters." Start your prevention steps by choosing just one bullet point above to incorporate weekly.

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

Food for Thought:
A 12-oz can of Coke has about 40g of sugar. This equals about 10 spoonfuls of table sugar.



HEALTH & SAFETY

Meet Captain John Magee

Fitness Coordinator - Health & Wellness Center (HWC)

Captain John Magee has been with the department for 24 years. He came to the HWC from Station 34, where he was on the Ladder. He has been married for 27 years and has two sons. He'll soon become a grandpa in May. Magee became a firefighter after working as an EMT for Meyers Ambulance.

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

I found myself working light duty in the Health and Safety division as a result of a non-LOD Injury. One of my first tasks was to evaluate what IFD would need to build our own Rehab facility. I remember talking with Chief Crawley, who was the H/S Chief, about his vision for the division. I was excited to be a part of the new process because I had experienced a LOD injury under the old system. When the concept of the Health and Wellness Center began to grow legs and the position of the Fitness Coordinator became open, I decided I wanted to be a part of that process because of the experiences I had gone through with both LOD and non-LOD injuries, I wanted to make the process much more tolerable for the membership.

2. What are your goals as the Fitness Coordinator?

In no order, I want our membership to know that living with pain or discomfort is not normal and that there are now resources and options that each and every member of the IFD has access to. I want people to think that getting better is not just about being able to show up each and everyday to do our job but that we need to prepare for our Pension Days physically, just as we prepare for them financially. I hope people understand that there are resources available that we don't have to wait until we become injured. The number one focus for the HWC staff is Injury Prevention and we are simply a phone call away. We'll help create a plan to increase resiliency and prevent injury for each firefighter on the IFD.

3. What do you like best about this position?

Understanding that for every firefighter and their injury, it's not just the physical element that needs help. But, also that there is an emotional element to every injury that our membership experiences. By sharing my experience about my past injuries, I can help them to understand the struggle we face emotionally is ok. I get to share that our membership is not alone in their situation and we are always here and available 24/7 to provide the support they need to get back to where they want to be.

As we move through 2022, my goal is to raise the awareness of what the Health and Wellness Center has to offer.

Split Squat



Push Up



RDL



Inverted Row



FITNESS

Metabolic Workout for the Heart

by Captain John Magee, Fitness Coordinator

The heart is a muscle that we have to “stress” in order to strengthen and keep it working efficiently. One method of “stressing” the heart is to perform a metabolic workout, increasing the efficiency of the body’s three energy systems. Doing a metabolic workout or High Intensity Interval Training (HIIT) will also help with weight loss and caloric burn.

For the February Workout, during the cardio portion, you want your heart rate to be within 70-85% of your Max Heart Rate. Cardiologist Michael Blaha, MD says, “A higher heart rate is a good thing that leads to greater fitness.”

You can figure your max HR using the following formula.

1. Subtract your age from 220 to get your Max HR.
2. Multiply that number by .70 and .85 to get your range

Regardless of your target range, you should always listen to your body. Pay attention to your breathing. If you feel extremely uncomfortable, dizzy, etc. you should stop the workout.

February’s Workout

Metabolic 3-5 Rounds x 12 reps each

[Click on the picture or the exercise for a demonstration video](#)

Split Squat-Lower Body Compound

—30-60 seconds Cardio (Treadmill/Bike/Elliptical)

Push-Ups-Horizontal Push

—30-60 seconds Cardio

Romanian Deadlifts (RDL’s)-Hip Dominant

—30-60 Seconds Cardio

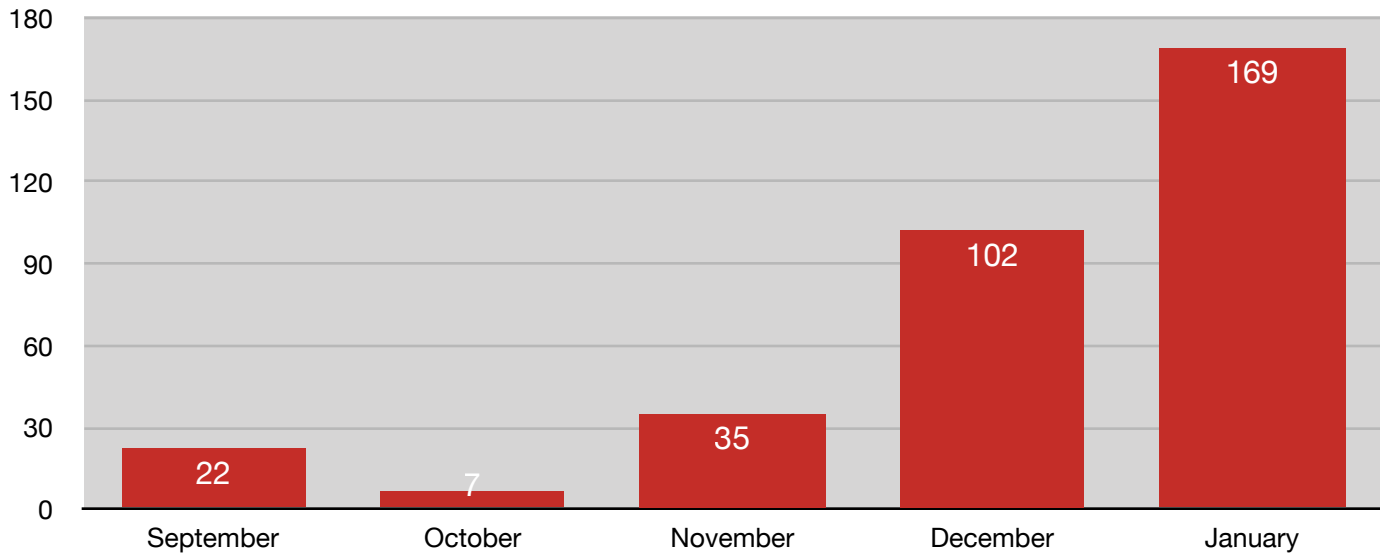
Inverted Rows-Horizontal Pull

—30-60 Seconds Cardio

You can access videos of each exercise on IFD Resources by [clicking here](#). Our division will be uploading new videos weekly. For a personalized workout or to discuss your fitness routine, contact Captain Chris Moran at (317) 435-9596/ christopher.moran@indy.gov or Captain John Magee at (317) 716-6286/ John.magee@indy.gov.

SAFETY BULLETIN

RECENT COVID POSITIVE CASES



COVID cases continued at an alarming rate in January 2022, peaking at the highest level the department has seen in the entire pandemic. The department updated the COVID Protocols last month to stay current with CDC guidance. Important changes include:

- ➔ Symptomatic - Firefighter will be marked off ten (10) days from date of symptom onset. Will be returned to work sooner if tests negative and symptoms have gone away.
- ➔ High-Risk Exposure - Unvaccinated firefighter will be marked off five (5) days from date of last exposure.
- ➔ Positive Test Result - Firefighter will be marked off ten (10) days from date of symptom onset. If the firefighter was asymptomatic, they will be marked off ten (10) days from the date the test was taken.

If you experience symptoms, an exposure or have tested positive. Please call the H/S Division to further determine course of action.

DID YOU KNOW?

The federal government is now providing free at-home COVID-19 tests. The website covidtests.gov, states, "Every home in the U.S. is eligible to order 4 free at-home COVID-19 tests. The tests are completed free. Orders will usually ship in 7-12 days." You can order your free tests by [clicking here](#). If you can't access the site, you can call 800-232-0233.

FREE TESTS & MASKS ARE AVAILABLE

The US Postal Service began shipping the tests at the end of January.

N95 masks are also available for free at local pharmacies and community health centers. A White House official noted, "To ensure broad access for all Americans, there will be three masks available per person." The CDC updated its mask guidelines recommending people wear the most protective, well-fitted mask, consistently when out in public.