



Health & Fitness

VOLUME 1, ISSUE 1

MAY 2011

Upcoming Events within the county.

- Co. 42 Casino Night Chico 5/7
- Cool May Mornings, Durham Park 5/14
- Bangor BBQ, Bangor Park 5/15
- Red Suspender Days Gridley 5/21
- Memorial Day PT event Butte College Firegrounds 5/30
- Co. 25 BBQ Clear Creek Store 6/4
- Fill-The-Boot Drive Throughout County 7/9

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Moving Forward

By: Mike Waters, Unit Safety Officer

While a Health and Safety Newsletter is not a new thing for the department, here in Butte, we have not had one in several years due to staffing reductions and limited free time for development.

With the units awarding of the federal SAFER grants and the subsequent restoration of positions within the Training and Safety Bureau, as well as throughout the unit, it seemed like a good time to refocus our efforts to provide health and wellness information to all employees.

Some of you reading this might think, "why do we need this when we already receive regular tailgate safety topics as well as blue sheet, green sheets, and safety alerts/updates" and simply my answer is, "this is not a replacement to those materials, but

rather an augmentation to them and a way for the department to provide more generalized and non traditional Health and Well-



E-2161 crew going to work.

ness type information that all employees might not be able to find elsewhere." Another good reason for restoring the unit newsletter is to help bridge the gap, that until now is missing, in some department mandated

programs and getting that information to those that need it most, YOU.

I want this to be an anticipated document and as such, I need your involvement. If anyone has a topic or area that they would like to see addressed, feel free to contact me directly. I also plan to have rotating articles from all of the major fields within our department so that we as employees can keep up to speed, or even possibly learn something new, about this very diverse organization that we work for.

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LEARNING TO MANAGE STRESS IN LIFE

There is no separation between the mind and the body. How we feel physically is a reflection of what is happening in our lives. Whether they seem stressful or not, changes in your personal or professional life can cause an internal rearrangement of our biochemistry, resulting in the development of physical symptoms. LISTEN TO YOUR BODY Common stress symptoms include: fatigue, excessive sleeping, insomnia, headache, jaw pain, heart burn, stomach pain, diarrhea, constipation, muscle pain, heart palpitations, and chest pain.

These symptoms are not "imaginary" or "just in people's heads" because they are related to stress. Stress is a real phenomenon that can result in real physical changes. Based on individual genetics, each person will manifest different stress symptoms. Listen to your body. You can discover what patterns indicate stress in your body. Then take steps to learn the skills to become either more stress resilient or make choices to reduce excess stress in your life or both. STRESS MANAGEMENT IS A SKILL YOU CAN MASTER

You learn many "skills" with time. One skill that will benefit you for the rest of your life is STRESS MANAGEMENT. The "LEARN'S" outline below will help you evaluate and make changes in your life where necessary in order to decrease stress symptoms. L - LAUGH. How's your laugh life? Laughter is one of the best coping mechanisms. A good laugh uses up many stress chemicals and relaxes the body. Children laugh 300 to 500 times a day. The average adult laughs only 30 times a day. Humor is a skill that can be learned, and it is

Developing a Fitness Plan

The Exercise Prescription

A detailed exercise program designed specifically for you.
By Elizabeth Quinn



One of the things that sports medicine physicians and personal trainers do is develop exercise ‘prescriptions’ or exercise guidelines for their patients and clients. While almost anyone can safely exercise, some people may benefit from meeting with a professional trainer for an exercise consultation. The top two reasons to get exercise prescriptions include safety and efficiency. An exercise program needs to be designed specifically for your health status, goals, abilities and interests. A professional trainer can help integrate all of these pieces into a simple plan that can be followed and adjusted as needed.

A general exercise prescription will take into consideration the principles of conditioning and include the following basics:

Health Status Questionnaire / Physical Exam

Your physician will perform a general physical exam to determine if you have any health issues that would limit your ability to exercise or require modifications to your program. Most personal trainers require a physician’s clearance before they design your program.

Fitness Assessment and Evaluation

A fitness assessment is the next step in designing your exercise prescription. This assessment is useful to establish a baseline of your current fitness and help determine what sort of exercise you can safely perform. The assessment often includes simple measurements of your blood pressure and heart rate, strength, flexibility, body composition, cardiovascular endurance, exercise history, and goals and interests. A variety of assessment protocols are used and these are often repeated at regular intervals to gauge your progress.

Exercise Type

A big part of your exercise prescription is what type of exercises you will do. A good prescription will include a variety of exercises and a balanced routine to build core strength, endurance, flexibility and base fitness first and then become much more specific to your fit-

ness goals. These goals may vary, such as running a marathon, enjoying a ski vacation or lowering your blood pressure.

Cardiovascular Fitness

Rhythmic movements using large muscle groups (such as bicycling, walking or swimming) is one of the best ways to increase blood flow to the muscles and raise the heart rate for a longer period of time. This type of exercise leads to improvements in the heart’s ability to pump blood through the body to the working muscles and improves overall cardiovascular health. Cardiovascular exercise is also linked to a number of health improvements including a decreased risk of many diseases, decreases in total cholesterol, blood pressure and levels of body fat.

Strength Training

Strength training is an important component of fitness and is one area of your exercise prescription that may vary widely from person to person.

A person's health can be judged by which he takes two at a time - pills or stairs.
~Joan Welsh

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Managing Stress (continued)

one of the keys to a healthy life. Humor is an attitude that allows you to take your work seriously, but yourself lightly. Consciously look for humorous movies, books, and people that can add laughter to your life.
E - EXERCISE. Exercise is one of the best ways to become more stress resilient. Exercise increases your clearance of stress chemicals, and it improves your mental and physical performance. Many busy people mistakenly believe that they don’t have time to exercise. You don’t have time not to exercise. Thirty minutes of aerobic exercise

three to five times a week will give you more energy and improve your concentration. It can give you the boost to study more efficiently.

A - ATTITUDE. Our attitude is one of the most powerful shapers of our own destiny. The thoughts or mental tapes we play in our heads either increase or decrease our ability to function effectively. Attitude can give you power or take it away. (See the quote on the bottom)
R - RELAX / REST IN YOUR HIGHER POWER. Take some time each day to clear your mind and to

get perspective on what is important in the universe. Some experts call this “islands of peace.” By taking this time to deep breathe, relax, and meditate, we become more grounded and peaceful. Things get back into perspective, and we can function in a more focused and efficient way.

N - NUTRITION. We are what we eat. If you only eat Twinkies and Doritos, you can’t manage a demanding and challenging lifestyle. If you are stressed out, your body is working harder and needs fuel, vitamins, and minerals. Try to eat balanced meals with some lean protein, whole grain carbohydrates, and a fruit or vegetable.

Cajun Chicken Pasta

Spicy chicken and cream sauce tossed with linguine—lower calorie!

Per Serving: 445 Calories, 5.2 g fat and 78 mg cholesterol. Saves: 728 calories, 61.4 g fat and 198 mg cholesterol.



About this Recipe Makeover

Although tasty, the traditional recipe was high in calories and fat, and the portion size was too large. Our made-over recipe shaves off the calories by decreasing the pasta portion and using lower-calorie ingredients. cooking spray, half & half, and

reduced amount of Parmesan, the calories and fat are trimmed without skimping on flavor. Replacing canned mushrooms with fresh, lowers the sodium and adds freshness to the dish.

Ingredients

- 4 boneless, skinless chicken breasts (about 16.8 oz)
- 1 Tbsp Cajun seasoning
- 4 sprays buttery cooking spray, or as needed
- 8 oz mushrooms, sliced
- 2 cup fat-free half & half
- 1/4 tsp basil
- 1/4 tsp salt
- 1/8 tsp garlic powder
- 1/8 tsp black pepper
- 1 tsp flour
- 8 oz linguine, cooked and drained
- 2 1/2 Tbsp parmesan

Directions:

Put the chicken and Cajun seasoning in a Ziploc bag and toss to coat. Spray large skillet with cooking spray; turn to medium-high heat. Add the chicken and sauté 5 to 7 minutes. Add the mushrooms and cook 2 to 3 minutes. Reduce the heat to medium-low. Add the half & half, seasonings, and sprinkle with flour. Stir and heat through. Put the chicken and Cajun seasoning in a zip bag and Toss with cooked linguine. Divide between 4 plates and top with Parmesan cheese.

Recipe courtesy of www.CalorieKing.com

Nutritional Info

Calories	445
Kilojoules	1,862
Fat	5.2 g
Sat Fat	2.2 g
Cholesterol	78 mg
Sodium	506 mg
Carbs	56.6 g
Fiber	2.5 g
Total Sugars	8.4 g
Protein	41.1 g
Calcium	186 mg

Smartphoning it in

New applications are turning cell phones into medical devices. If you have an iPhone or Android, you no doubt appreciate why they're called smartphones. The pocket-sized devices, while nominally telephones, are also powerful computers with operating systems capable of running hundreds of thousands of software programs called applications, or "apps." Most of the apps are designed to keep you entertained, but many have a

practical purpose, including helping you manage your health. While a lot of health and medical apps provide little more than an alternative to pen and paper for note taking, an increasing number are harnessing the phones' computing power, cameras, audio and video capabilities, motion sensors, and GPS systems to create new ways to help you manage your health. Apps are a new frontier of medicine—a territory still largely uncharted, unregulated, and unstable. No one knows exactly how many

apps there are, how well they perform, or whether they are worth their prices, which may vary from day to day. That said, it's worth browsing through the health and medicine section of your phone's app store occasionally. You'll find all sorts of inexpensive apps to help you sleep better, quit smoking, abstain from alcohol, and relieve stress. Others might help you manage medical conditions from the common cold to cancer. And if you want to better understand your doctor, you can download medical texts and dictionaries. If an app is free, you lose nothing by downloading;

Better a thousand times careful than once dead.

~Proverb

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Managing Stress (continued)

S – SUBSTANCES / SLEEP. Substances such as alcohol, tobacco, and other drugs change you both physically and mentally. Sleep is not optional! Most people require 7 to 9 hours per night. Sleep deprivation can cause a variety of physical symptoms, including poor concentration. Some people can nap, but others need uninterrupted sleep. You need to get to know what your body requires. Don't try to cheat sleep. This costs more time in the long run.

HEALTHY QUOTES TO LIVE BY

"If you can find the humor in something, you can survive it." - Bill Cosby

"The longer I live, the more I realize the impact of attitude on life. Attitude is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people say and do. It is more important than appearance, giftedness or skills. The remarkable thing is... we have a choice every day regarding the attitude we will embrace for the day. We cannot change our past. We cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play the one string we have, and that is our attitude. I am convinced that life is 10% what happens to me and 90% how I react to it. And so it is with you: we are in charge of our attitude.

– C. Chuck Swindoll



CE Article: Putting Magic to Work Judith Acosta, LISW, CHT

A four-year old boy is wheezing and barely able to get a breath. He looks to you to help him while you both await the ambulance. Having been trained in Verbal First Aid, you breathe with him, slowing down until he breathes more calmly.

Your five-year old daughter cuts her hand while playing. You say, "I see the cut and I'm going to help you. After I put this bandage on it, hold it down and stop the bleeding." The bleeding stops.

Children Think Magically

Words have power. As adults we've been conditioned to deny and modify the way our bodies respond to words. But children haven't yet acquired those defenses and haven't yet been taught to hide their emotions or physical responses. So, the effects of our words on them are often instantaneous and palpable.

This is why Verbal First Aid works so well with them.

The principle of Verbal First Aid is that we all slip into altered states during a traumatic event -- some more than others. In these moments, we're highly focused, most often on some internal process, and are often more suggestible and more sensitive to what is being said around or to us.

Observations made at the University of Michigan Department of Education indicate that children are already in a state of self-hypnosis when they play imaginary games. Because they're in these states more than adults, they're more inclined to soak up whatever is said to them. Children naturally look to adults for concrete and emotional direction, and in a traumatic situation this is heightened. This is especially true when the person speaking is a parent or authority figure, such as an EMT or paramedic.

Develop Rapport

We cannot underestimate the importance of rapport, whether with an adult or child. One of the most effective ways to develop and build rapport with a child is to pace them. If they're scared, acknowledge their fear. If they're hurt, let them know, in their language, that you see the injury. Always let them know you're there to help them.

A child in distress will have fear, and they will either recoil or cling when someone approaches. Those natural responses are signs that they

need help. Regardless of which response they exhibit, always introduce yourself by name, let them know what you do and ask if they will help you help them.

Understanding

We not only need to be understanding in our approach, but also literally stretch our senses to understand exactly what is upsetting the child besides their obvious physical trauma. For example, a young girl was calm when she had to receive stitches for a laceration but panicked when the time came to take them out. Her mother realized her daughter's reaction stemmed from a time when she sewed the arm of the girl's doll back on after it had fallen off. The girl knew that if they removed the stitches, the doll's arm would fall off and feared the same with hers.

When possible, offer reassurances, such as, "I remember a time when I did this for a little boy, and he was better in no time."

Magic & Imagination

In a child's mind, almost anything is possible. We can utilize that in an ethical way to gain compliance and begin to facilitate physiologic responses that increase healing.

It's important to understand that we're not facilitating a negative or pathological state of make-believe. Children often will fear the worst. Fear is the one thing that can make a bad situation worse, so we should utilize their gift for imagination in a positive direction.

Conclusion

Remember, the body knows how to heal itself. Sutures can only push the edges of the skin together. Surgery can only cut around parts we don't want and put in parts we do. How we heal is up to us. How things mend and merge and knit back together is our doing, not someone else's. Even when the technology is extraordinary and helpful, something happens in medicine that is beyond the technology we use. The place to keep your eye and your heart, like a child, is still on the magic.

Resources: verbalfirstaidforchildren.com
wordsaremedicine.com

Smartphones (cont.)

it; you can always delete it. If it costs something, user reviews, which link to the product descriptions in your phone's app store, can help you decide whether to spend the money. Many app producers also offer free test runs. The following are a few examples of the highest-rated and most widely used apps for common health problems. Some are

free; none cost more than a one-time charge of \$5.

Fitness and weight control

Tap & Track is an all-in-one app for diet and exercise. You enter what you eat, your physical activity, your actual weight, and your target weight. It computes your nutritional intake (calories, carbs, protein, saturated and unsaturated fats, and sodium) from a database of about 250,000 items found in restaurant chains, supermarkets, and even your backyard garden plot. It also offers a selection of 180 physical activities. Each time you enter a snack or plug in a workout, you'll receive a nutritional tally as well the number of calories you have left for the day. A food score—a proprietary measurement developed by Weight Watchers International, Inc.—is also given for dieters enrolled in that program. The \$3.99 app can generate graphs and spreadsheets tracking your progress, which can be emailed to your computer.

Calorie Counter by FatSecret, a free app for Androids, gives the nutritional content of thousands of foods and allows you to enter your weight and exercise regimens. But it doesn't do the math for you or create charts or spreadsheets.

High blood pressure

HeartWise simplifies the task if your doctor has asked you to log your blood pressure at home. You enter your systolic pressure (the top number) and diastolic pressure (the bottom number) as well as your pulse and weight. The app will calculate your average arterial pressure and pulse pressure and generate graphs showing fluctuations in these values over time. It's available for the iPhone for 99 cents.

My Blood Pressure and Heart Rate, available free for Androids, is similar to HeartWise. You enter your systolic and diastolic pressures and heart rate as well as other information—including which arm was measured and whether you were standing, sitting, or lying down when your pressure was taken.

Sleep hygiene

Sleep Cycle Alarm Clock. If anything attests to a growing global sleep deficit, it's the overwhelming

popularity of this quirky 99-cent iPhone app, a top seller in the G-8 countries. You place your phone on a corner of your mattress, secure it under a contour sheet, and allow it to "observe" you for a few nights. The app uses your phone's motion sensor to chart your sleep patterns. Within a week it supposedly knows you well enough to find the best moment (within a pre-set 30-minute period) to awaken you with your choice of tones or tunes. Most reviewers report that they are rarely jolted from a deep sleep and usually feel refreshed, although a few have dashed their phones to the floor during fitful episodes. Others have forgotten their phones were there and made them into the bed the next morning.

Stress reduction

Several stress-reduction celebrities have jumped on the apps wagon. All of the following have garnered kudos from users and critics, and the choice depends largely on which "brand" appeals most to you.

Stress Free with Deepak Chopra offers a whole bag of relaxation tricks and exercises—meditation, yoga, journaling, and even e-mailing privileges with the master himself. It's available for the iPhone for \$1.99. Or you can try **Stress Free with Andrew Johnson** for \$2.99 for the iPhone, \$1.99 for the Android. The UK hypnotherapist puts you under with good thoughts and a Scottish burr. This is not an app for midday meltdowns.

(Reprint from *Harvard Health Letter* 2011)



Developing a Fitness Plan (cont.)

A good program will include the core and all the major muscle groups in various combinations working against resistance and building strength, agility and balance. That resistance can be weights, gravity, tubing, your own body. A good trainer will find the right combination, but the most basic routine involves 1 to 3 sets of 10 to 12 repetitions for building strength.

Frequency of Exercise

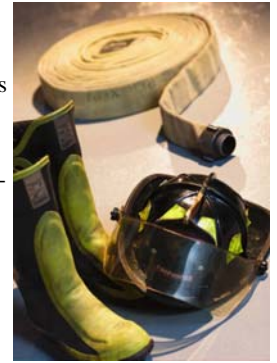
How often you exercise is an important aspect of fitness in order to make safe, yet continued progress. This prescription often starts with two to three times per week and progress to four to five times per week.

Duration of Exercise

Depending upon your current fitness level and exercise history, your exercise prescription could begin with as little as ten minutes of steady exercise and build from there. Ideally, you will strive for a minimum of 20 to 60 minutes of regular exercise about three times a week.

Intensity of Exercise

The intensity of your exercise prescription may be the most important aspect of an efficient, safe and fun program. This is also where the skills of the specialist or trainer are put to the test. Because every person responds differently to exercise, finding the right intensity and a balance between effort and rest is critical. Trainers generally use heart rate as a basic measure of exercise intensity guidelines. A variety of protocols can help professionals find the most appropriate heart rate range that will help you improve, but not overdo it. Your trainer will often monitor your heart rate and other vital signs while you exercise. A beginner may start at 50 percent of their maximum heart rate range whereas an elite athlete may work at nearly 90 percent of their maximum heart rate range during intense interval training.



Exercise Session Order

Your exercise program will usually follow a similar order, but this varies depending upon your training goals. All programs will begin with a warm up and end with a cool down and stretching.

For help in creating your custom plan, contact the unit fitness coordinator, Kyle Wisdom.

CE Answer Sheet: Putting Magic To Work

Complete this answer sheet from the previous CE article and forward it to the Training Office for grading and credit. (0.5 CE hours Credit for successful completion)

Name: _____

Station: _____

1. Children are generally less responsive to emotions than adults?

- True
- False

2. Who do children look to for emotional direction?

- Adults / Parents
- Strangers
- Younger kids

3. How do you develop rapport with a child patient?

- Tell them what to do
- Wait for them to calm
- Pace them, seek their help

4. To a child, _____ will make a bad situation worse.

- Parents
- Fear
- Friends

5. Technology alone heals people.

- True
- False
- Don't Care

Comments: _____

Coming Soon: FIRE SEASON 2011 Are You Ready?



For Suggestions or Comments:

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**"Let No Man's Ghost Say His Training Let Him
Down!" -Unknown Author**