



# Comprehensive Wellness for Firefighters: Fitness and Health Guide for Fire and Rescue Workers

*Jon Pearson, John Hayford, Wendi Royer*

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The life-threatening risks that fire service personnel face are taxing both physically and mentally. Firefighters and emergency medical personnel have a higher rate of heart disease, lung disease, cancer, substance abuse problems, and injuries than the general population. Studies show that high levels of cardiovascular conditioning, muscular strength, endurance, and flexibility allow firefighters to perform their jobs safely and more effectively. Now, fire and rescue workers can turn to *Comprehensive Wellness for Firefighters* for all the information they need to evaluate and improve their personal lifestyles. This uniquely accessible book focuses on self-assessment methods and action planning procedures that emphasize personal responsibility for good health and enable readers to apply the information to their own lives. In addition to the personal health evaluations, sample workout routines, and instructive exercise programs, the authors integrate materials essential for total health including information on diet and nutrition, drug and alcohol issues, and critical incident stress management techniques. By using this book, readers will be able to effectively:

- Evaluate their current level of physical fitness in order to monitor their future progress
- Select exercise options that best meet their preferences, needs, and objectives
- Develop strategies and personal action plans that promote and improve total health and fitness
- Adopt a long-term commitment to a physically and mentally healthy lifestyle

Designed as a valuable resource and practical guide, *Comprehensive Wellness for Firefighters* not only attempts to minimize risk in an inherently hazardous line of work, but also promotes behavior and attitudes that contribute to long-term health and well-being.

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