

THE TOWN OF MAMRONECK FIRE DEPARTMENT
DIVISION OF HEALTH AND WELLNESS
VOLUME 1- NEWSLETTER 1

WISHING ALL MEMBERS, A HAPPY AND HEALTHFUL NEW YEAR

This premier addition is dedicated to presenting to the members of the Town of Mamaroneck Fire Department and their families, an introduction to the monthly health and wellness news- letter. The news- letter will feature various information regarding the latest developments in health, fitness and nutrition. Each month will also contain a members' personal story about changes they have made in their life-styles and how these changes increased their health and wellness profile. Also, members are invited to send questions, concerns, successes and failures in addressing their life-style choices and how these changes have benefitted them personally. I will present, each month, topics that directly relate to firefighter responsibilities and the pros and cons of being physically fit or not, and how this may impact job performance and injury and illness risks. It is my intention to enhance awareness of the inter-play between food and physical health, and or, lack of physical health to job performance and personal health.

Of course, the number 1 objective for all firefighters is to perform their awesome responsibilities in the most toxic and dangerous environments, and to do so with the least possible risks for disease, illness or accidents. It is my responsibility to reach as many of our fire family personnel as possible and to provide information and strategies that significantly reduce risks of illness and disease and promote optimal fitness and nutrition as the foundation for the most positive health and wellness of all our members.

One thing to take away from this initial news-letter, is that achieving optimal health is no more difficult to understanding than understanding that YOU have full control over the life-style choices you make and that these choices directly impact your total health and well-being. Make good choices, make them often until they become your habits and reap the benefits of a long healthy, vibrant life. Conversely, continue to make bad life-style choices which may already be habitual, and suffer high risks for disease and illness.