

# PROTECTING OTHERS STARTS WITH PROTECTING YOUR HEART

A healthy heart keeps you fit to serve your crew and community, and helps you be there for the ones you love.

## TIPS TO KEEP YOUR HEART HEALTHY



### Cut back on smoking/tobacco use

Notice when you feel the urge to smoke, and plan other activities for those moments (walk, draw, journal, etc).



### Manage diabetes

Choose water or seltzer with meals instead of soda to avoid blood sugar spikes.



### Improve diet

Pre-portion your snacks to avoid overeating and include protein in each meal.



### Get active

Pair exercise (walking, weightlifting) with something you enjoy (like a podcast or calling a friend).



### Support healthy blood pressure

Try box breathing after stressful calls (inhale 4 sec, hold 4 sec, exhale 4 sec, hold 4 sec).



### Work toward a healthy weight

Set one measurable goal per month (like losing two pounds or setting a new personal record in the gym).



### Lower your cholesterol

Swap red meat for fish or beans once a week to cut down on foods high in fat.



### Support a steady sleep routine

Taking a warm shower can trigger a drop in core body temperature afterward, which tells your body it's ready for sleep.

The same lifestyle habits that protect your heart also reduce your risk of cancer, diabetes, and mental health conditions.



**SCAN FOR HEALTH  
TIPS & RESOURCES**

[www.healthy-firefighter.org](http://www.healthy-firefighter.org)



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