

KEEP YOUR NEW YEAR'S HEALTH RESOLUTIONS ALL YEAR LONG

The new year offers a fresh start – a chance to reflect on the challenges and successes of the past year and to set goals for the new one. Keeping New Year's resolutions until next January 1, however, is a challenge in itself.

With about half of all line-of-duty firefighter fatalities attributed to heart attack and stroke, keeping health-related resolutions is especially important. Writing your goals down and posting them in a prominent place makes it much easier to remember the importance of treating your body well every day. Create a fitness and diet schedule (remember to speak with your doctor about any questions or concerns) and sign this Heart-Healthy Firefighter contract to keep yourself motivated this year. Make a promise to yourself in 2009 to reach your health and fitness goals and develop new habits that will keep your heart healthy for years to come.

HEART-HEALTHY FIREFIGHTER CONTRACT

Name: _____

MY GOALS FOR 2009 (examples: be able to run 10 miles or lift 100 pounds by December 31; lose 20 pounds; cut back on sugar and salt; eat 5 servings of vegetables each day):

MEASURING PROGRESS: Check back quarterly to see how far you have come. If you miss a few workouts, just start where you left off!

GOALS

DESCRIPTION	MARCH 31	JUNE 30	SEPTEMBER 30	DECEMBER 31
<i>Ex. Be able to run 10 miles by December 31</i>	<i>2 miles</i>	<i>5 miles</i>	<i>8 miles</i>	<i>10 miles</i>

RESULTS

DESCRIPTION	MARCH 31	JUNE 30	SEPTEMBER 30	DECEMBER 31
<i>Ex. Be able to run 10 miles by December 31</i>	<i>Can now run 2 miles</i>	<i>Can now run 5 miles</i>	<i>Can now run 8 miles</i>	<i>Can now run 10 miles</i>

INSPIRATION: Do you have a friend or loved one who wants to see you healthier? Is there a quote that motivates you? _____

____ Your signature: _____ Date: _____

Witness: _____ Date: _____

Share your goals with the Heart-Healthy Firefighter Program! Simply go to www.healthy-firefighter.org and let us know what your fitness goals are for this year. Then, keep us posted of your progress throughout the year.