

It Takes a Healthy Heart, Mind, and Body to Do What You Do.



Find the resources you need to keep your department strong during the 3rd annual National Firefighter Health Week.

Learn more at www.healthy-firefighter.org

AUGUST 17-21, 2009

Monday - Know Your Risks

Tuesday - Keep Your Head In the Game

Wednesday - Matters of the Heart

Thursday - Focus on Fitness and Nutrition

Friday - Keep It Strong All Year Long: Adopt the Program

KEEP IT STRONG