



Safety Bulletin

Firefighter Mediterranean Diet

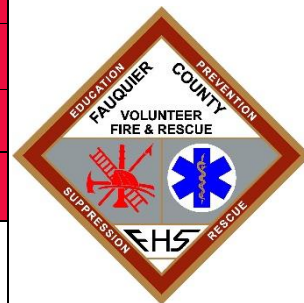
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Approved By: Darren L. Stevens, Fire Rescue Chief



The Occupational Health and Safety Committee has initiated a program to distribute "Health and Fitness Bulletins" containing resources and information to help you with your health and fitness goals. Technician Landman will be leading this initiative. He is also available to provide support to personnel on a one-on-one basis. Please reach out to Technician Landman if you would like assistance with your health and fitness goals.

Topic: Firefighter Mediterranean Diet

This diet plan has been developed by the Fauquier County Health and Safety Committee using resources from the Feeding Americas Bravest study funded by the Harvard T.H. Chan School of Public Health and other Mediterranean diet resources. The Mediterranean Diet and Lifestyle's ultimate goal is simple; it is to lower firefighters' risks for cardiovascular disease and cancer by successfully getting more firefighters and their families to adopt and incorporate the healthy eating principles behind the Mediterranean diet.

The latest US nutritional guidelines recognize the Mediterranean Diet as one of three recommended healthy options for Americans!

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Good Nutrition, Adequate Sleep and Frequent Physical Activity (150 minutes of moderate intensity or 75 minutes of vigorous intensity aerobic activity each week) promote weight control and reduce the risks of heart disease and cancer, while lowering stress and its negative consequences. Spend quality time with family and co-workers.

[Click Here for More Information & Resources](#)



[Click here for Mediterranean Diet Recipes](#)



[Click here to calculate your macros](#)



Any questions or for additional resources

Contact Kevin Landman

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Questions regarding this bulletin should be directed to Battalion Chief Lorenzen.