TAKE 5 FOR SAFETY

5-MINUTE SAFETY DRILL

WELLNESS: It's Time To Get On Track

Date:_____

Student:_____

Dept:_____

Station:_____

Training Code:_____

NOTES:

CHALLENGE

In order to perform our duties effectively we need to be in good physical condition. Getting into shape and maintaining a sufficient level of fitness is difficult. However, we must prioritize our wellness activities to ensure a long and healthy life. Identifying a wellness partner could get us on the right track. A team mate makes it easier to maintain a routine. Teaming up with a spouse, partner, friend, or co-worker can make working out more fun,. Let's face it, we need all the motivation we can get to maintain a successful fitness regimen..

DISCUSSION

- Have you had an appropriate wellness program developed for you?
- What are simple things that you can do throughout the day to improve your health?
- List 5 things you can do each day at work to improve your health (for example take the stairs, take a walk at lunch, do isometric exercises at your desk, and do calisthenics before lunch).
- Have you considered a wellness partner?
- How are you going to keep track of your success?

The greatest asset of the fire service is our people; protect them!

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