



Firehouse Flash

July 2008

San Diego Firefighters Regional Wellness Program

Issue 11

Contact Wellness Coordinator Carmen Herzenberg to get your station involved in the "Fiber Challenge"!



See page 3 for more details.

Issue Highlights

Stations on Fire	1
Welcome new staff	2
The Nautilus Challenge	3
CrossFit	4
Summer recipes	5
Summer skin	7
Stress	8

Stations on Fire! *Secrets of San Diego's Fittest Crews*

By Carmen Herzenberg, MS

While some stations are busy fighting fire, certain crews are creating it. Committed to a healthy lifestyle, San Diego Fire Rescue stations, 8/B and 36/B, are setting an example for their peers. In an exclusive interview with Wellness, these "stations on fire" gave insight on their secrets to success, obstacles faced, and motivations to stay well.

It seems that living a long, healthy retirement was the biggest motivating factor for these crews to maintain a healthy lifestyle. Some firefighters were motivated to lower or maintain healthy cholesterol levels, while others wished to stay fit to avoid injury. Friendly "peer pressure" is often used to encourage each other to stay on track when faced with temptation to stray.

Exercise is a staple for these healthy crews. Captains ensure that exercise is a priority and is done consistently. Many spend at least an hour working out, either doing structured workouts from Men's Fitness magazine or

CrossFit, (good for a quick and varied workout), and/or high intensity running (including hills). These stations agree that fitting in a consistent workout can be challenging, especially if you are constantly interrupted with calls. Therefore, time

and SCBA's and time themselves running up and then down the 14 flights of stairs. Currently, Engineer Joe May holds the record at 2 minutes and 58 seconds!

Another challenge to health maintenance that is faced by firefighters is diet. One of the biggest obstacles that many firefighters struggle with is portion control. Therefore, these crews make sure they exercise more so that they can enjoy a bigger portions without feeling guilty. Big bowls of fruit salad or cut up fruit is a hit within these stations, enabling them to snack on something nutritious all day. For a healthier breakfast option, many stations even include oatmeal now as part of their condo fund.

Some single houses face another challenge, as their smaller budget limits their shopping options. Luckily for Station 8, being located close to Henry's allows them to buy all their produce for a good price. They only shop the outer aisles, sticking to fresh produce, beans, fish and poultry. Avoiding the middle aisles helps them ward off temptation to buy unhealthy options (such as ice cream, cookies etc.). Station 8 does

management is very important, as well as making certain to have a series of quick exercises that can be done throughout the day. Other methods employed by these firefighters to maintain exercise frequency include getting up early towards the end of their shift to workout before heading home, keeping to an exercise schedule on days off, as well as incorporating intra-station competition. To practice job-related tasks, 36/B likes to challenge each other (and themselves) after running medical aids at a particular 14-story building. They put on their turnouts



Story continues on page 2.

“team work and encouragement make consistency and (health) maintenance that much easier.”



Colleen O'Flaherty
Exercise Physiologist



Wendy Jo Peterson
Registered Dietitian



Amie Crump
Exercise Physiologist

Stations on Fire continued...



not have a soda machine as they prefer to drink water.

8/B are thankful to Firefighter Chris Gage and Engineer Kevin Abel for starting them on healthy living. These two got their crew to replace meat in their taco salad with tofu, and to eat soy chorizo instead of pork chorizo. Many said they didn't know how good tofu was until Kevin cooked it properly for them. Homemade pizzas are also enjoyed by this crew as they are quick and delicious. One of their favorite snacks is sizzle corn with brewer's yeast added on, ground flaxseed and sea salt! This recipe has such good flavor without needing to add

butter or excessive amounts of salt.

Keeping healthy has definitely helped these firefighters in their job performance. They are able to last longer at brush fires and structure fires. By eating lighter, they have more “spring in their step” and find it much easier to keep going. Beyond job performance, these crews admit that maintaining a healthy lifestyle at work has touched all aspects of their lives, including health maintenance at home, and caring for the environment.

It is definitely not easy to be healthy and admittedly

change is hard. Many firefighters said that they needed a kick start. Both crews agreed that starting out small and then being consistent really worked. It could take 6-12 months to truly develop good habits and make them part of your lifestyle. As these crews have illustrated, team work and encouragement make consistency and maintenance that much easier.

Set your goals now and obtain the physical, mental, and spiritual wellness that will prevent you and your crew from injury and illness, and ensure a long, enjoyable retirement. Let these crews be the inspiration to start the fire at your station!

Welcome New Wellness Staff

We would like to welcome Colleen O'Flaherty to our staff. Some of you may have already had the pleasure of meeting her, as she completed her internship here at Wellness as part of the graduate program at San Diego State University. Currently, Colleen is finishing her graduate work to achieve a Master's in Science in Exercise Physiology. She is also an avid tri-athlete, soccer player, and skier. We are excited to enrich our program with her expertise, experience and fun personality!

It is also our pleasure to formally introduce Wendy Jo Peterson, Registered Dietitian. Her passion and expertise begins with the *palate*, her taste for nutrition. Wendy Jo has over 10 years

of experience working with clients, including athletes, Navy SEALs, teenagers, and now San Diego area firefighters on the best ways to begin changing their eating habits to achieve optimal health. As a former culinary arts teacher and swim coach she has a unique approach to enhancing her client's health and improving their overall wellness.

Albeit not a native San Diegan, Wendy Jo is an Aztec! After graduating from San Diego State University with a degree in Food Science and Nutrition, she followed her husband's military career out East where she combined her skills as a dietitian and her love for cooking. Now a member of our Team at Wellness, Wendy Jo is ready to wield her spatula and help each of you reach your nutri-

tion goals and achieve optimal wellness!

We would also like to welcome Amie Crump, our “Georgia Peach” to the Wellness Program team. She has moved to California from Georgia to intern with San Diego Firefighters Regional Wellness Program to complete her undergraduate work. Amie will graduate from North Georgia College & State University, with a major in Exercise Science and a minor in Spanish. She also enjoys dancing, snowboarding, and traveling in her spare time. Another passion of Amie's is teaching pilates; she would love to come teach a session of pilates at your station, so invite her out!

Message from the Wellness Officer

Hello from the Wellness Center. After taking on the Wellness Officer position in January, I am finally settling in here. I really have thoroughly enjoyed getting to know our Wellness staff. They are a great bunch of professionals that are constantly looking for new, fun and creative ideas to encourage firefighters to make healthier choices in our daily lives. So if you have questions or ideas, please feel free to share them with us down here at the Wellness Center.

Some of the happenings... The first weekend in March, the Wellness Center and the Nautilus Corporation sponsored a Stair Step Challenge at The International Health Racquet and Fitness Club Conference held at the San Diego Convention Center. There were participants from both San Diego and Chula Vista Fire Departments. The race was a 130-floor climb, simulating a race up the Sears Tower. The athletes from "Team VO2Max" (Ken Rod-

riguez-SDFD, Tyson Von Guenther-CVFD, Jeremy Czapski-CVFD and John Bates-CVFD) were not to be denied the "big" prize. Their combined time of 44 minutes and 26 seconds over the three-day event sent a new Nautilus Stepmill Stairmaster to Chula Vista Fire Station #1.

The Nautilus Corporation then generously gave every station that participated in this challenge a brand new 2008 Nautilus Stairmaster. So if you get the chance to get a workout in on the Stepmill at SDFD Stations 25, 46 or Fire Training, make sure to test yourself with a climb up the Sears Tower!!!



Over the next couple of months we are hoping to introduce some exciting new ideas to assist you in your fire station health and fitness. Our Peer Fitness Trainers will be putting

together new and stimulating "Fire Fit" workouts that can be done in the fire station. These will be posted on the Wellness website (SDFDWellness.com) at the beginning of each go-around and will cover all four shifts. In addition, our new Dietitian, Wendy Jo, will be setting up four shift meal plans that will be posted as well. She has some great, tasty cost saving meals with recipes and shopping lists, so keep your ear to the ground.

Finally, I would also like to welcome Sycuan Fire Department to the Wellness Family. Now we have the opportunity to serve Alpine, National City, Pala, Rancho Santa Fe, Sycuan, San Miguel, and San Diego Fire Departments in the effort to keep regional firefighters well!

By Captain Rick Ballard



Fiber Challenge: Start Roughing It!

Are you or anyone on your crew trying to lose weight? Maybe lower cholesterol or blood sugar? Or maybe some of you are trying to lower your blood pressure? Well, we have just the solution for you. The Wellness Program is now offering a 7-week/4 Go Around "Fiber Challenge" to help you with all of these issues. Gradually increasing your fiber has been shown to significantly lower cholesterol, blood sugar, and blood pressure. Fiber intake is also an integral ingredient for weight loss. So what are you waiting for? Call Carmen Herzenberg at Wellness, (619) 814-5400 ext. 171 to set up your information session now!



CrossFit - All The Hype!

By Tom Rostami, MA, ATC, CSCS

In the past couple months, I have received several questions regarding the exercise craze called CrossFit. This program is becoming more prevalent and popular in San Diego (14 locations throughout the county) and several people have asked me what I thought about the program. Since I didn't know too much about the concept of CrossFit, I decided to do a little research and see what information I could gather regarding the program.



Firefighter Kurtis Bennett
14/C

CrossFit is a core strengthening and conditioning program that is designed for universal scalability. The approach is to have the same exercises for all participants and tailor the weight and intensity

based on the individual. This means that whatever age, fitness level or experience one has, the routine will not change, but the individual intensity can be altered (e.g. push-ups on knees vs. push-ups on a stability ball). The exercises are designed to be functional and encompass compound movements, as opposed to isolated movements, to engage multiple muscle groups during exercise. Exercises are arranged for the Workout of the Day (WOD), which is a series of exercises that are to be completed each day. The WOD changes daily, incorporating constant variety within the program.

This approach is an attempt to optimize physical competence in ten fitness domains:

- Cardiovascular and Respiratory Endurance
- Stamina
- Strength
- Flexibility
- Power
- Speed
- Coordination
- Agility
- Balance
- Accuracy

To begin the CrossFit workouts, one must go through the "Fundamental" classes in order to be fully prepared for the exercises. These classes are designed to teach participants how to properly perform the principle exercises of the program. Individuals will be taught proper body mechanics and technique for the more challenging exercises, as well as familiarizing themselves with the philosophy and approach of CrossFit.

I feel that this workout program is a good design and approach to exercise. One concern of the CrossFit workout is the use of power lifts (Clean & Jerk; Power Clean; Snatch) as exercises within the program. Due to the nature of these lifts, the risk of injury is increased. When proper technique and form are used for these exercises (which are taught in the fundamental classes) the risk can be minimized and fitness can be gained.

As with any exercise program, consistency is the most important aspect. With CrossFit you get a variety of exercises, in a pre-designed workout program so you don't get bored or stagnant with your routine. This can be very beneficial for individuals who want to have an

efficient full body workout that is dynamic and continually challenging.



San Diego Fire-Rescue Captain Justus Norgord (Station 33/A) has been doing CrossFit workouts for the past year and has seen such positive results with his program that he has decided to open his own CrossFit studio in Murrieta, CA. Capt. Norgord is teaming up with Louie Towkaniuk (Mixed Martial Arts Instructor) and opening *Cutting Edge CrossFit*. This studio will offer professional instruction in CrossFit training, Mixed Martial Arts and Russian Kettlebell techniques.

There are several CrossFit affiliates throughout San Diego County. A list of locations, addresses, and contact information can be found on the last page of the newsletter. If you are interested in starting this new exercise program, I suggest checking out the website (www.crossfit.com) or contacting one of the individual locations for more information. Good Luck!

Flame Broiled Fun for the Summer

By Wendy Jo Peterson, RD

With the weather turning warm, memories of farmers' markets, picnics, and smells of the grill are evoked. Nowadays, just about any type of food can be cooked on the grill from pizza to vegetables and even desserts. Step outside and fire up your favorite grill and create some masterful meals.



Main Dishes

Garlic Dilled Salmon



Ingredients:

2 lb Salmon
3 Tbsp. Olive Oil
¼ cup Fresh Dill
1 tsp. Sea Salt
1Tbsp. Fresh Garlic, chopped

Directions:

Mix olive oil, dill, salt, and garlic. Brush on salmon, both sides. Spray grill grates with oil spray, such as Pam. Heat grill to 350° F. Allow to heat for 10 minutes prior to putting salmon on grill. Cook salmon with grill lid closed for 6 minutes. Flip salmon over and brush with remaining oil mixture. Serves 8.

Salmon is an excellent source of Omega-3 fatty acids, protein, and B-vitamins!

Chipotle Turkey Burgers



Ingredients

2 lbs. Lean Ground Turkey
4-8 Tbsp. Chipotle Chiles in adobo sauce
(freeze remaining in Ziploc bag)
Salt and pepper to taste

Directions

Mix ground turkey with chipotles (include sauce). Add more for spicier flavor. Divide into 4 patties; put a thumb print in the middle of each to ensure even cooking. Season patties with salt and pepper on both sides. Place patties in the freezer for 15 minutes (this helps patties stay together without adding extra fat or binders). Place patties on grill heated to 400° F. Cook to internal temperature of 165° F (about 8 minutes on each side). Serving Suggestions: Sliced avocados, shredded cabbages tossed with lime juice, red onions, and jalapeno jack cheese. Serves 8.

Summer Recipes continued...

Side Dishes



Sweet potatoes are rich in antioxidants, beta carotene, and fiber!

Cilantro Infused Sweet Potatoes

Ingredients

4 Medium Sweet Potatoes (red fleshed)
 ½ cup Cilantro, chopped
 1 Lime, zested and juiced
 ¼ cup Olive Oil
 Salt to taste

Directions

Peel sweet potatoes and slice into ½ inch thick slices. Place in cooking pot; fill with cold water just to cover potatoes. Prepare sauce: mix cilantro, lime juice and zest, and olive oil. Bring water to boil, drop temperature to medium, and allow cooking until fork tender (about 5-7 minutes). Strain potatoes and place on heated grill. Grill for at least 3 minutes on each side. Toss with chopped cilantro-lime mixture and season with salt. Serves 8.

Sweet and Spicy Corn on the Cob

Ingredients

8 Medium Corn on the Cob
 ¼ cup Butter, melted
 1 Tbsp. Chili paste
 1 Tbsp. Sweet Chili paste
 1 Lime, juiced

Directions:

Place corn in pot and fill with cold water. Bring to a boil, turn off water, and cover for 5 minutes. Melt butter (20 seconds in the microwave) and mix with remaining ingredients. Heat grill to 400° F. Place corn on grill and baste with mixture. Cook for an additional 4 minutes. Serves 8.



Dessert

Grilled Bananas

Ingredients:

8 Bananas
 ¼ cup Lime or lemon juice
 1 small container Coconut Sorbet

Directions:

Peel bananas and slice down the center. Drizzle citrus juice over top of bananas to stop browning. Heat grill to 350° F. Place bananas cut side down on grill for 2 minutes, flip and grill for an additional 2 minutes. Serve with ¼ cup of sorbet each. Additional serving suggestions: top with chopped pineapple; drizzle with chocolate; or top with chopped nuts. Serves 8.





Protect Yourself from Skin Cancer and Premature Aging

by Allen Richburg, M.D.

One of the greatest benefits of living in San Diego is the nice weather, year-round sun and mild temperatures. Almost any weekend of the year we can take our families to the park or beach, play golf, exercise and work comfortably outdoors.

Firefighters are especially exposed to the outdoor weather. With all of these outdoor experiences comes extensive exposure to the sun's ultraviolet rays. These rays damage our skin over time, increasing our risk of skin cancer and giving us an appearance of premature aging. It is well documented that firefighters suffer a significantly higher incidence of skin cancer compared with the general population.

The two types of ultraviolet (UV) rays that reach the earth are UV-A and UV-B rays.

★ **UV-A** rays penetrate the skin deeply damaging the collagen resulting in leathery, sagging skin and premature wrinkles called photo aging. Think of **UV-A** rays as the **AGING** rays. Eighty percent of these rays reach the earth on a cloudy day.

★ **UV-B** rays are shorter wave lengths that are responsible for sunburns of the skin. Think **UV-B** for **BURNING**.

Both UV-A and UV-B are associated with increasing our risk for skin cancers.

According to the American Cancer Society (ACS), skin cancer is the most common type of cancer. Over 1 million people will be diagnosed with skin cancer each year. Most of these are non-melanoma (Basal Cell and Squamous Cell) skin cancers that when treated early have a very high survival rate. However, according to the ACS website, these skin cancers will have been responsible for an estimated 2,740 deaths in 2007.

The most dangerous form of skin cancer is melanoma. Melanoma has increased significantly in our population over the last 20 years. According to the ACS website, melanoma will have been diagnosed 59,940 times in 2007, responsible for an estimated 8,110 eventual deaths. This is why it is particularly important for all of us living in San Diego to have regular exams by our primary care physician or a physician who takes a proactive approach to suspicious spots.

Treatment of melanoma consists of complete excision and extensive follow-up depending on the stage of the disease. Therefore, prevention is very important to decrease risk of melanoma and premature aging of the skin.

The more common types of skin cancer are basal cell and squamous cell skin cancer. Both of these skin cancers can present as small irritated red spots or bumps on the skin. Basal cell skin cancer is more common than squamous cell. However, squamous cell skin cancer often first presents with a very common type of skin lesion called Actinic Keratosis.

Actinic Keratosis (AK) lesions have about a 10-15% chance of turning into a squamous cell skin cancer. These can be recognized as a tiny bump or plaque on the skin that feels like sandpaper. They may be scaly, sensitive, red, pink, orange or yellowish.

AK's can be treated by your doctor a variety of ways. They are most commonly treated with cryotherapy (liquid nitrogen freeze), and chemotherapy (topical 5% fluorouracil, imiquad & others). Other cosmetically sensitive treatments for Actinic Keratosis are accomplished with laser or intense pulsed light (IPL) associated with the application of topical Levulan (photodynamic therapy).

Exposure to the sun's UV light is the most important risk factor an individual can attempt to prevent.

According to the American Cancer Society, tips to decrease ultraviolet radiation include:

- Attempt to avoid the sun during the highest UV index exposure period of the day between 10am and 4pm.
- Seek shade.
- Wear protective clothing that includes a wide brim hat, sunglasses, tight woven loose fitting clothing that covers the sun exposed areas.
- Wear Sunscreen that protects against UV-A and UV-B sun rays with at least an SPF 15 (preferably SPF 30) and RE-APPLY every 2 hours, or sooner if sweating or swimming.
- Avoid other UV sources like tanning beds or sun lamps.
- Protect yourself around or avoid bright reflective surfaces that increase UV exposure like snow, light sand or other reflective surfaces.
- Avoid sunburns.
- Use caution with some medications that increase UV skin sensitivity. (Certain antibiotics, blood pressure medications, topical creams or acne meds.)

Allen Richburg, M.D. is a partner at San Diego Sports Medicine and Family Health Center. He directs the Skin Wellness Department at SDSM located in the Carmel Valley office. Dr. Richburg is happy to consult with San Diego Regional Firefighter Wellness participants and their spouses regarding treatment of various skin conditions such as photo-aging, cosmetic treatment of Actinic Keratoses, vascular lesions, and unwanted hair. A discount on these procedures is available for all Wellness participants and families. You can contact Dr. Richburg through the main number at SDSM: (619) 229-3909.

Stress the Body for a Stress-Free Life

By Jena Lezon



The rollercoaster of life often presents the happiest of moments that make us breathe deeply with gratitude; other times make the ride seem difficult to manage. The American Psychological Association reports that 15 million Americans suffer from depression each year, and two thirds of Americans admit to suffering from symptoms of stress.

People suffering from high levels of stress and anxiety have elevated levels of stress hormones at rest. **Aerobic exercise** has been shown to buffer the stress response by stimulating the body's communication systems to adapt to stress hormones. This ad-

aptation results in a reduced hormone response during times of actual stress and anxiety, making it easier to cope.

Research has also suggested that exercise is an effective depression combatant. Depression is linked to poor secretion of the neurotransmitters, serotonin, dopamine, and norepinephrine in the brain. Acute bouts of exercise enhance the transmission of these neurotransmitters. There is also an increase in serotonin production during aerobic exercise due to the breakdown of fat for fuel, which increases at 30 minutes into an aerobic exercise bout. Another possible mechanism for exercise decreasing de-

pression symptoms is the residual effects of increased beta-endorphins in the brain during intense (>85% HRmax) efforts involving rhythmic, large muscle activities (such as running, swimming, cycling, etc). Beta-endorphins are related to positive mood and decreased pain perception. Its concentration in the blood rises sharply following intense exercise, making its effect greatest during initial stages of recovery.

So get out there and go for a jog, a swim, a mountain bike, or any other mode that you find enjoyable. Here's to a stress-free life; enjoy the ride!

Research suggests that chronic aerobic exercise is associated with positive mood, higher self-esteem, and deeper sleep.

Stress Symptoms		Tips to Cope	
Cognitive / Emotional Symptoms		Adopt Healthy Habits	
Indecisiveness		Regular exercise	
Inability to concentrate		Choose nutritious foods and try to eat something small every few hours	
Seeing only the negative		Relaxation	
Anxious or racing thoughts		Meditation	
Short temper / Impatience		Rest	
Depression or general unhappiness			
Physical Symptoms		Ask for Help	
Headaches or backaches		Adopt a support group (e.g. family, friends, church)	
Diarrhea or constipation		Talk to someone about issues/concerns	
Insomnia		Spend time with family and friends	
Chest pain, rapid heartbeat		Don't hold yourself responsible for situations that are beyond your control	
Weight gain or loss			
Loss of sex drive		Limit demanding responsibilities	

Name	Website	Location	Contact Name	Contact #	Contact Email
CrossFit Chula Vista	www.crossfitchulavista.com	1380 3rd. Ave Chula Vista, CA 91911	Rick Santa Maria	619-237-7418	rick@crossfitchulavista.com
CrossFit East County	www.crossfiteastcounty.com	5611 Lake Murray Blvd. #103 La Mesa, CA 91942		619-461-5694	info@crossfiteastcounty.com
CrossFit Murrieta	www.elitefitnessptc.com	39533 Highbury Dr. Murrieta, CA 92563	Ray or Linda Anderson	951-698-1558	ray@elitefitnessptc.com
CrossFit by Overload	www.crossfitbyoverload.com	26855-B Jefferson Ave. Murietta, CA 92562	Paula or Jordan Gravatt	951-698-3113	jordan@crossfitbyoverload.com
Oceanside Crossfit	www.oceansidecrossfit.com	4093 Oceanside Blvd. Oceanside, CA 92056		760-579-1280	oceansidecrossfit@yahoo.com
North County CrossFit	www.sdnorthcountycrossfit.com	3840 Oceanic Dr. Suite 502 Oceanside, CA 92056		760-295-7555	
Brand X Martial Arts	www.brandxmartialarts.com	432 Maple St. Suites 1 & 2 Ramona, CA 92065		760-788-8091	
CrossFit San Diego	www.crossfitsandiego.com	1401 E. Street San Diego, CA 92101	CJ Martin	619-813-2250	cj@crossfitsandiego.com
CrossFit SoCal	www.crossfitsocal.com	3755 Murphy Canyon Rd. San Diego, CA 92123		619-446-8944	krista@crossfitsocal.com
CrossFit Flood	www.crossfitflood.com	3878 Ruffin Road Suite B San Diego, CA 92123			crossfitflood@gmail.com
The Stronghold CrossFit & Brazilian Jiu Jitsu	www.thestrongholdsd.com	2176 Chatsworth Blvd. San Diego, CA 92107		619-674-4677	info@thestrongholdsd.com
CrossFit Coronado	www.crossfitcoronado.com	160 C. Avenue Coronado, CA 92118	Andy Stumpf	858-722-3940	andy@crossfit.com
CrossFit Mike's Gym	www.mikesgym.org	32067 Via Vera Bonsall, CA 92003	Mike Burgener	760-941-1835	mikeburgener@mac.com
Cutting Edge CrossFit	www.cuttingedgecrossfit.com	38415 Innovation Ct. Ste. K Murrieta, CA 92563	Justus Norgord	951-600-8640	cuttingedgecrossfit@gmail.com