

IF YOU DON'T TAKE CARE OF YOURSELF, THEN WHO WILL TAKE CARE OF THEM?

YOU BECAME A FIREFIGHTER TO HELP AND PROTECT OTHERS. WHAT HAPPENS WHEN YOU BECOME THE PATIENT OR THE RESCUE?

- YOUR FAMILY LOSES.
- YOU LOSE.
- AND THE COMMUNITY LOSES.

LIFE DOESN'T ALWAYS OFFER US A SECOND CHANCE. KEEP YOUR HEART HEALTHY SO EVERYONE GOES HOME®

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WAYS TO STAY A FIREFIGHTER & GO HOME TO THOSE YOU LOVE:

1. HAVE A NUTRITIOUS DIET.
2. GET REGULAR EXERCISE.
3. GET REGULAR CHECK-UPS WITH YOUR PHYSICIAN.