



Orange County Fire Authority

WEFIT Quarterly Newsletter

July 2009

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We're here for you...

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A Message from the WEFIT Coordinator...

It's been a busy few months at the RFOTC keeping the WEFIT ship on its' course, and the pace doesn't appear to be slowing anytime soon!

Since the spring newsletter we've succeeded in getting 24 recruits through Academy 36 leaner and meaner than when they arrived, completed another successful quarterly class on core strength, collectively rowed enough miles to circumnavigate one quarter of the globe (in April alone), and since February 235 field personnel have completed their WEFIT physicals!

What's on the horizon???

SPEED Training Center and the OCFA have entered a new agreement, SPEED will now be involved with training OCFA's Peer Fitness Trainers as well as helping design quarterly classes (see their info sheet inside). Interested in having one of SPEED's professional trainers come out for a training session? Contact the WEFIT office for details... (714) 573-6837.

Be sure to sign up for the next quarterly class while there's still space! We will be taking a look at the TRX Body Weight Suspension Training System, a great way to get a full body workout while continually engaging the muscles of the core and never using anymore than your own body weight! Each station will be receiving one of their own following the class.



We often hear how firefighters all across the country are at an elevated risk for **HEART DISEASE** and **HEART ATTACK, ARE YOU READY TO DO SOMETHING ABOUT IT???**

Dr. Peter Schnall and UCI are conducting a survey of OCFA firefighters in an effort to help the cause. Find out what you can do to help!

Summer is a busy time of year and a great time to be outside, so stay moving, ride a bike, take a walk, do some pushups, crank out some burpees... but whatever you do, **STAY PUMPED!!!!!!** Contact the WEFIT office for assistance.

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There's No Better Time Than NOW!



Working Conditions Among Firefighters and the Risks of Cardiovascular Disease

Article by: Peter Schnall, MD, MPH,

Clinical Professor of Medicine, Director of UCI COEH Program

UCI COEH to collaborate with OCFA and IAFF to Study Impact of Working Conditions on Overweight and other Cardiovascular Risk Factors among Firefighters

Firefighters are at increased risk compared to other occupations for early death from cardiovascular disease (CVD). They also have increased rates of obesity and high blood pressure (hypertension). Yet little is known about the contribution of working conditions of firefighters to the development of these risks. For example, weight gain as people get older plays an important role in increasing the risk of a heart attack and this is often attributed to unhealthy eating behaviors. Yet, there is a growing body of research in the field of occupational health demonstrating that specific aspects of the work environment can have a serious impact on weight either by leading to decreased physical activity the longer one is on the job (for example, promotions often lead to positions with less physical activity) or work stressors may affect eating behavior. These same stressors contribute to the development of high blood pressure. The OCFA WEFIT program conducted in collaboration with UCI COEH, supervised by Drs. Leslie Israel and Dean Baker, has successfully helped many OCFA firefighters to lose weight and reduce risk factors for CVD. Still we find that as a group, OCFA firefighters are heavier with age and by rank.

As part of the OCFA Wellness Fitness (WEFIT) program, the UCI COEH Occupational Medicine clinic has assessed the health and well being of OCFA firefighters for the last five years, providing important health information to firefighters. Now the **OCFA and IAFF Local 3631** have jointly approved the conduct of a pilot study by UCI COEH staff (Drs. Peter Schnall and Bongkyoo Choi) which consists of a 20 minute internet survey to evaluate work-related factors that may contribute to increased cardiovascular disease risk. All OCFA firefighters are invited on a voluntary basis to complete this survey.

The survey will assess the impact of workload (such as the total number of work days and intensity of workload as measured by number of calls per shift, etc.), as well as aspects of the work environment including work stressors, which are believed to play an important role in the development of obesity, high blood pressure and other CVD risk factors. Many of the survey questions are based on standardized occupational health questionnaires, so it will be possible to assess how work conditions of OCFA firefighters compare to the conditions of other occupations.



Benefits to OCFA and Firefighters

- The survey will require relatively minimal time and expense to OCFA and to firefighters. This research study will involve the completion of a one-time survey that should take approximately 20-30 minutes to complete.
- We expect that this survey will enhance the WEFIT program and lead to innovative recommendations for interventions to lower the risk of cardiovascular disease and to further protect and promote the health and safety of OCFA firefighters as well as firefighters nationwide.
- Summary findings will be presented to both the OCFA and the IAFF Local 3631. All surveys will be completely confidential, so no individual responses will be provided to the OCFA or IAFF.



Meet Your Peer Fitness Trainer

A story from one of our own

Safety Bulletin



• Did you know that the most common type of fitness injuries among OCFA Firefighters are ankle injuries that occurred while running.

Q: What can you do to prevent this?

A: Before running, or participating in any type of physical activity, remember to warm up and go through the Movement Prep.

In addition to the Movement Prep., when running on a Treadmill, use particular care and make sure the equipment is in proper working condition.

If you notice any malfunctioning equipment, treadmill or other, report this to the WEFIT Office so that it can be fixed.

Feel free to contact a Peer Fitness Trainer, stop by or call the WEFIT Office at :

(714) 573-6837.



**Dave Wolf
Battalion 2
Station 32 B**

Dave came to the OCFA from the Rialto Fire Department in 2001, where he worked for just over 12 years. He worked the majority of his first 5 years with the OCFA as a firefighter /paramedic on Medic 38. He promoted to captain in 2007 and is now working on Engine 32-B in beautiful Yorba Linda. He is currently living in Chino Hills with his wife Tammy and three children Samantha, Hailey, and Gavin.

Why did you become a PFT?

Mainly to keep my fellow co-workers and myself healthy and injury free by learning new functional exercises with proper technique and new ways to tweak our diets to fit our needs in the firehouse.

What have you been doing as a PFT?

In addition to working with guys at other stations on a one-on-one basis, I have been trying to take as many classes as possible and help spread as much good information as possible to our co-workers. I have updated my certification as an ACE certified trainer twice and have recently attended the movement prep, functional movement screening, rowing, and level 1 Crossfit classes that have been offered to us. Additionally, I helped teach in Academy #33 as cadre member and regularly come down to assist with the morning academy workouts as a PFT.

What are your aspirations for the WEFIT program?

Basically to reach people who typically don't exercise and want to learn more about getting into shape and improving their health. I want to work with the average Joe who doesn't work out much, get him off the recliner, and motivate him to work out and start eating a little healthier. If the WEFIT program could make improvements in reaching the average firefighter, then I feel it would be hugely successful in what we are trying to accomplish.



And the Results from the Rowing Challenge...



Dan Taylor with his new Concept2 Rower

Breakin' it Down

Name	Meters Rowed
Mike Long	603,902
Shane Allan	225,013
Tom Evans	160,424
Mike Brown	155,693
Steve Teal	137,924
Ken Harrison	125,220
William Junge	121,105
Peter Beal	111,558
Jay Sellars	110,302
Daniel Kamakani	109,358
Russ Caringer	109,070
Jeeter McAlpin	105,360
Mart Jones	103,781
Brian Talbert	103,324
Tommy Brown	102,154
Mike Blawn	100,806
Bryan Mahon	100,670
Bill Valdez	100,341
Dan Taylor	100,171
Ernie Cortez	100,161
Brian Troutman	100,143
Gary Zumbo	100,093
Marc Rinzler	100,016
Pat Howard	95,391
Todd Offord	71,529
Glenn Stewart	66,116
Todd Mitchell	61,156
Justin Neville	57,209
Doug Dodge	56,545
Greg Horgan	49,010
Davis Doty	46,700
Don Blackburn	45,020
Mark Mollet	42,472
Peter Doan	34,686
Jeff Hughes	33,325
Martin Kuhn	32,227
Linda Brown	31,359
Stacy Lambeth	30,459
Jeff Lantello	30,278
Jack Perisho	30,240
Austin Brawner	30,216
Bob Frick	30,213

- During the month of April, participants in the rowing challenge collectively rowed over 4 million meters.
- 23 participants rowed over 100,000 meters each and were entered into the raffle drawing for a chance to win a new Concept2 Rower or an IPOD.
- Captain Ken Harrison and Firefighter Ernie Cortez each won IPODs.
- Dan Taylor was the Grand Prize winner taking home a new Concept2 Rower.

WEFIT Calendar Events

Upcoming Events:

- Academy 36 Graduation @ RFOTC.....July 1, 2009
- WEFIT Quarterly Class.....July 20 @ St. 9 & July 21 & 22 @ RFOTC
- Firefighter Summer Olympics (Anaheim).....July 12-17

Questions, Comments, Concerns?

Do you have a particular topic you'd like to see incorporated into the program and/or have a class about it? WEFIT is here for you. Please feel free to contact any Peer Fitness Trainer or the WEFIT Coordinator with any questions, comments or concerns you might have.

OCFA Stayin' Pumped!!!



Defending Champions of the Battalion B-Ball Tournament, 2 years running, RFOTC
From Upper Left: Robby Bosanko, Todd Muilenburg, Jarrod Robinson, Jonathan Wilby, Bryan Brice, Brian Healey From Bottom Left: Luis Sandoval, Shawn Isbell, Marty Driscoll, Chad Latonio



Kile Graff representing for Party Town USA in the Newport Back Bay Triathlon



Participants in the 24 Hours of Adrenaline Relay
From Left: Chris Sotro, Greg Spangler, Greg Tooley, Jeremy Vallone, Todd Downing, Michael Partee, and Brian Troutman.



A Healthy Recipe for You to Use

Check out this recipe **Cajun Pork Loin**



Try your luck with this recipe!!

Ingredients

- 2-6 lb. Pork Loin or Pork Tender Loin
- Garlic Cloves
- Salt
- Pepper
- Garlic Powder
- Cajun Seasoning

Preparation

First make incisions every few inches in the Pork Loin, insert garlic cloves into each incision.

Generously season with salt, pepper, and garlic powder on all sides of Pork Loin. Be sure to season sides and ends of the meat.

Repeat with Cajun Seasoning.

Baking

Preheat oven to 450° F. Place pork Loin on baking sheet. Bake for 15 min at 450° F to sear in juices. Then reduce heat to 375° F. Cook until Pork Loin reaches an internal temp of 150°. Then Remove and let rest for 10-15 min. Slice to preferred thickness and let the taste-bud party begin!

Garlic Parmesan Mashed Cauliflower



Ingredients

- Two heads of Cauliflower
- 8 garlic cloves
- Parmesan cheese
- Plain Yogurt

Preparation

Start by steaming the cauliflower with the garlic cloves. Then put the cooked cauliflower and garlic into a food processor. Here you will add a 1/3 cup of plain yogurt, 1/3 cup Parmesan cheese, salt, pepper, and garlic powder. Blend all of these together until it reaches a mashed potato like consistency. Empty the mixture into a baking pan and bake at 425° until the top starts to turn a golden brown. Surprise your kids and family and see if they can tell that it is not mashed potatoes.



Spinach Berry Salad

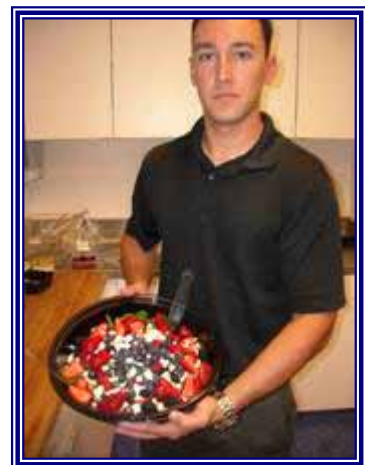


Ingredients

- Candied/ Glazed Walnuts
- Mushrooms
- 1 Large Bag of Spinach
- Strawberries
- Raspberries
- Black Berries
- Blueberries
- Feta Cheese
- Raspberry Vinaigrette Salad Dressing

Preparation

In a large salad bowl, toss the spinach with Raspberry Vinaigrette. Then top the salad with Strawberries, Raspberries, Blackberries, Blue Berries. Finish the salad with crumbled Feta Cheese on top.



SPEED

TRAINING CENTERS and OCFA



Creating the Ultimate Fitness & Firefighter Performance Training Center

That was the collaborative vision of Speed Training Centers & OCFA.....that collaboration is what sparked the union of both parties to provide the ultimate fitness and performance facility. Jack H. Bauerle and David Constant, the founders of SPEED, have been actively involved in the fitness and sports medicine industry for over 20 years. Jack spend 15 years at Chapman University as a professor in the athletic training program, and Dave has received some of the best training out of the respected programs at York University in Toronto. Dave also successfully owned and operated DC Fitness & Sport Performance prior to merging into the leading edge facility "SPEED Training Centers" as we know it today.

Prior to the development of SPEED Training Centers, Jack and Dave spoke of creating the unique facility that incorporated the highest level of personal fitness training, individual sports performance training, youth athletic development, Pilates, and Sports Medicine. The goal was to create a comprehensive design to meet the needs of EVERY active individual. It is their passion to provide these services from the most highly educated staff in the most leading edge facility. That dream is the very foundation on which SPEED Training Centers was built.



'Sports Performance Education Enhancement and Development'

The facility itself boasts just less than 20,000 sq ft. and offers artificial turf, performance training area, complete fitness center, a plush Pilates studio, a parents waiting lounge with wifi access as well as an instructional classroom for didactic learning, seminars and team meetings.

When Jack and Dave were asked the type of clientele SPEED Training Centers services, they explained that SPEED was created for the whole family. On any given day you will see the wide array of clientele at SPEED: the working professional trying to regain their fitness or manage their weight; the stay out home mom looking to get back in shape; the retired person who would like to age gracefully and maintain strength; the high school athlete who needs improvement on the field; the professional athlete who is trying to advance. SPEED was designed with many individual needs in mind.



Here is what some of our clients have to say:

Missy Suter - female fitness client -

I have never felt so good in my life! My trainer, Dave, knew exactly how to motivate me and created a program that was challenging yet tolerable and I got the results I wanted. I never thought I would lose the weight I gained after my second child 8 years ago and fit into those clothes again. The work outs are tough but with the encouragement I received by the SPEED team, I did it and continue to do it - feeling better each day. Through the core stabilization we do, I noticed that old back and hip pains are even gone. SPEED training centers changed my life!

Mark Trumbo - professional athlete:

first baseman for the Los Angeles Angels of Anaheim, said "SPEED Training Centers developed a custom and individualized training regimen which has allowed me to perform at my highest level on the playing field this year. My specific athletic abilities for my given sport have drastically improved - thank you SPEED Training Centers".

Eric Salzman - mother of three youth boys -

"I knew that the 'Developing Athleticism' program was helping my sons develop fundamentally - body awareness, strength, agility, and speed, but I had no idea to what extent it would benefit them on the football field at their young age. While many of the young players struggle with the physical demands of conditioning, I find my sons working efficiently effectively due to the technique training and foundational mechanics learned - their confidence level has soared. I just want to thank you for all you are doing for my sons. Keep up the good work!"



Jack H. Bauerle

David Constant

SPEED

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