



Health & Fitness

Tanker drop on the Robbers Fire

VOLUME 2, ISSUE 6

AUGUST 2012

Your Fitness: *Fantasy vs. Reality*

Upcoming events within the area

- Summer Sizzle 5K & 10K
Aug 11, Bidwell Park
- Butte County Fair, Gridley Fairgrounds
Aug 23—Aug 26
- Moonlight Madness 2 Mile Night Run
Aug 25, Shasta Dam Visitor Center
- Bidwell Bark, Fun Run & Festival
Sep 25, One Mile Rec Area
Dog attendance is encouraged
- Ignite the Fight 5k run
Oct 6, Bidwell Park

We tell ourselves stories about who we are, who we wish we were, what we do, and what we wish we did. In reality, we are defined by our actions. Sometimes we get confused and start believing the stories, even when our actions are the complete opposite. This is when we get into trouble.

Fantasy

The New Year is always an interesting time for trainers. I get to see people who have made the resolution to “get into shape.” Oh, joy!
I recently interviewed a prospective client. He was 41 years old, soft, squishy, and overweight—in other words, pretty much an average guy. When I talk with prospective clients I

try to find out as much as possible about what they have done, what they are doing now, and what they hope to accomplish by working with me. It is fascinating to listen to what they have to say and to ask questions to get deeper into their motivations. This particular gentleman, I’ll call him “Bob,” was a typical case. He said he used to be much more active, even played basketball for a year in college. After he graduated, he got a demanding job, got married, and has a couple of kids. He said he tried to stay physically active but had some difficulty maintaining any consistency. Then, as so often happens, he woke up one morning and found himself 40 years old. He couldn’t believe the past 15

By: Michael Krueger

years had gone by so quickly. He said that for the past year he had been really focused on improving his diet and getting in some exercise nearly every day. He said his wife and family have been on board with his efforts and are very supportive. He now feels that with this year behind him he has a solid base on which to build and is ready to make the move. This is why he contacted me. Judging by his physical appearance, I was a bit skeptical of his “solid base,” to say the least, so my questions began. I asked him precisely how he had improved his fitness over the past year. He said that he has really improved his diet,

Continued on Page 2

Is Sweet Corn Bad For You? Plus More Myths About Sweet Corn Busted

INSIDE THIS ISSUE:

Your Fitness	1
Is Corn Bad For You?	1
Healthy Cooking	3
Cardiovascular Interval	3
Safety Corner	3
Pics	4
NFFF Classes	5
CE Answer Sheet	6

Find out the answers to surprising myths about sweet corn.

Sweet corn is one of summer’s simplest, purest pleasures. A fresh-picked ear, grilled to caramelized perfection and lightly buttered, offers incredible, complex sweetness, an intoxicating texture and plenty of nutrition benefits to boot. But many people have convinced themselves that sweet corn is bad. That’s a shame. It’s easy to take a few real nuggets of fact and use them to come to a distorted conclusion about this super summer veggie. Barry Estabrook’s

— *Matt Thompson, Associate Food Editor Eating Well.Com*

feature in the July/August issue of EatingWell, called “Sweet Summer Corn,” seeks to set the record straight about this misunderstood vegetable. Here are some of the biggest myths about corn.

Myth #1: Most sweet corn is genetically modified.

Truth: A lot of people mix up “sweet corn,” the vegetable you buy to eat, and “field corn”—the virtually inedible commodity crop used to make everything from livestock feed to ethanol to high-fructose



corn syrup. While most field corn is genetically modified, most sweet corn is not. Last year only 3 to 4% of the sweet corn grown in the U.S. was GMO. Food-giant Monsanto

Continued on Page 5

Grilled Steak with Fresh Corn Salad

Prepare the ingredients for this easy salad before you head to the grill with the steak. That way, you can mix together the corn salad and serve it at once, while the taste is still bright and summery.

Ingredients

- 1 tablespoon minced garlic
- 3 teaspoons extra-virgin olive oil, divided
- 1/2 teaspoon salt, divided
- 2 boneless strip (top loin) steaks, trimmed (about 1 1/4 pounds)
- 5 large ears corn, husked
- 2 medium tomatoes, chopped
- 1 small orange or red bell pepper, diced
- 2 tablespoons chopped fresh basil
- 2 tablespoons red-wine vinegar

Preparation

1. Preheat grill to high.
2. Combine garlic, 1 teaspoon oil and 1/4 teaspoon salt in a small bowl. Rub the mixture on both sides of steaks. Place the steaks and corn on the grill. Grill the steaks 2 to 4 minutes per side for medium-rare. Let them rest while the corn finishes cooking. (The steaks will continue to cook while resting.) Grill the corn, turning to cook all sides, until some of the kernels are slightly charred, 8 minutes total. Let stand until cool enough to handle, about 5 minutes.
3. Remove the kernels from the cobs using a sharp knife. Combine the corn, tomatoes and bell pepper in a medium bowl; stir in basil, vinegar, the remaining 2 teaspoons oil and 1/4 teaspoon salt. Slice the steaks and serve with the corn salad.

Recipe courtesy of:

EatingWell.com
WHERE GOOD TASTE MEETS GOOD HEALTH

Nutrition

Per serving: 383 calories; 11 g fat (3 g sat , 6 g mono); 52 mg cholesterol; 39 g carbohydrates; 0 g added sugars; 35 g protein; 6 g fiber; 379 mg sodium; 1053 mg potassium.

Nutrition Bonus: Vitamin C (90% daily value), Zinc (40% dv), Potassium (30% dv), Vitamin A (30% dv), Folate (27% dv), Iron (15% dv).



Reality (cont. from Pg 1)

though when pressed for specifics he couldn't come up with any. He said he thinks he has lost some weight. He couldn't give me exact figures; he hadn't weighed himself recently. As for exercise, he said that he tries to bike, run, or swim three times a week (he admits to a desire of doing a triathlon) and lift weights after work at the company gym an additional three times a week. I asked if he had been keeping a log book. He said that he tried that but it was too difficult to maintain so he had quit. This last comment caused the alarm bells to go off in my head. Now we had to get down to facts rather than fantasies.

Reality Check

Here is how the conversation went once we arrived at the intersection of reality and fantasy.

Me: How have you improved your diet?

Bob: I try to eat less and avoid bad foods.

Me: Could you be more specific?

Bob: Well, I try not to eat extra helpings and I don't "usually" Super Size my meals.

Me: So how often do you eat fast food?

Bob: Only occasionally.

Me: Think about the past week; did you eat any in the past seven days?

Bob: I don't recall for sure; maybe once or twice.

Me: Ok, let's move on to exercise. Again, in the past week, how many times did you work out?

Bob: Last week wasn't so good. I was busy with work and some other stuff.

Me: So, did you miss one workout?

Two?

Bob: Well, I don't think I got in any at all. I don't really remember. The weeks

kind of run together.

Me: How about the week before that? How often did you get to the gym or out for a run, a bike ride, or a swim?

Bob: I think I went for a walk one afternoon. I was going out for lunch with a work group and had to park quite a hike from the restaurant. Does that count?

Me: Can you guess how many times in the past month you got in any formal exercise?

Bob: Oh, I'm sure I must have averaged maybe 4 or 5 times per week, but I can't be sure. Let's see, I remember one day I was going to the gym but remembered I had to pick up a prescription at the drug store, then I ran into a friend and he suggested we have lunch. Later that week I was going to go for a run, but I forgot my shoes. I did jog about a mile on Sunday morning, but it was kind of chilly so I cut it shorter than normal. I took the kids to the pool, but I think I mostly sat on the edge and watched. Beyond that, I don't remember. It's been a busy month with the holidays and all, but I'm sure I did okay.

Me: (Heavy sigh)

That is how many of the conversations I have with prospective clients go, although this one was quite extreme. In their minds, they have a plan in place and they truly believe they are sticking to it, more or less. Then for some reason the results just aren't coming and they don't understand the reason. They don't actively deceive themselves,

Continued on Page 3



Intervals for Cardiovascular Fitness

by Aaron Zamzow

This is a great interval to perform at the firehouse, it doesn't require a lot of equipment and is very short in duration yet effective. The work intervals can be adjusted to your level of fitness. Beginners should perform 20 seconds of work followed by 40 seconds of rest for each exercise. Intermediates should perform 30 seconds of work followed by 30 seconds of rest and advanced athletes should perform 40 seconds of work followed by 20 seconds of rest for each exercise.

Cardiovascular Interval

Warm up for 3 minutes with a walk or stairs then do:

- Mountain Climbers
- Jumping Jacks
- Run in place or Jump rope
- Burpees
- Prisoner Squats
- Side to Side (jumps or steps)

Beginners should repeat 1 more time
(2X total)

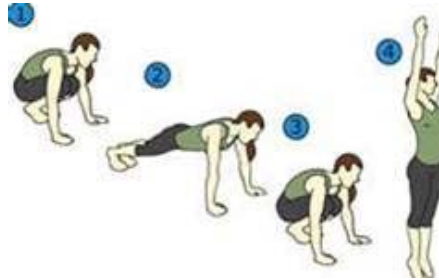
Intermediates repeat 2 more times
(3X total)

Advanced repeat 3 more times
(4X total)

Cool down with 3 minutes of easy walking after you complete your circuits.



Mountain Climber



Burpees



Prisoner Squats



Side to Side jumps

Reality (cont. from Pg 2)

but the end result is the same: Time passes, and they get fatter, less healthy, and more out of shape. It is a vicious circle that just goes on and on until they are just circling the drain.

The solution is ...?

Most people don't see that there is a problem, so they aren't actively looking for a solution. Poll after poll shows that an awful lot of people think they are exercising regularly and watching their diet, yet Americans just keep getting fatter and fatter. Some people purposely lie to pollsters, but most people really think they are doing okay. Just like Bob, they know what they want to do, they have a grand plan and believe they are making some headway, but the facts just don't jibe with the belief.

I've written about keeping a log before, and that is still the best way to keep your reality in sync with actual reality. Start by writing a letter to yourself, outlining what you would like to accomplish, why, and by when. Make it detailed, and include all the emotions involved as well as the facts. Then put it away for a week or so and come back and read it again. Does it still seem doable? If not, revise it, but don't throw the original letter away; it is still part of your ultimate goal. Don't feel that revising the original plan is a failure of any sort, because it's not. Even those of us who have been doing this fitness stuff for a long time still get caught up in the enthusiasm of the moment and on occasion create some seemingly rather grandiose plans. The cool thing is that sometimes you eventually meet and even exceed those original goals. Now that you have a revised plan, put it away for another week and come back and read it again. If it still seems like a good and doable plan, it probably is, and you are ready to begin.

Implementation

Don't start on a Monday. More people fail because they start on a Monday than any other day. I think it's because it's an artificial starting point and, for many people, Monday has a naturally increased stress level.

Make a schedule of when you are going to exercise, but be realistic. Have a backup plan just in case. Schedule your days off as well as your workout days. Actually writing "off" on your calendar is an important part of maintaining control of your day and your week.

Don't work out two days in a

Continued on Page 6

IAPS Data from July 2012

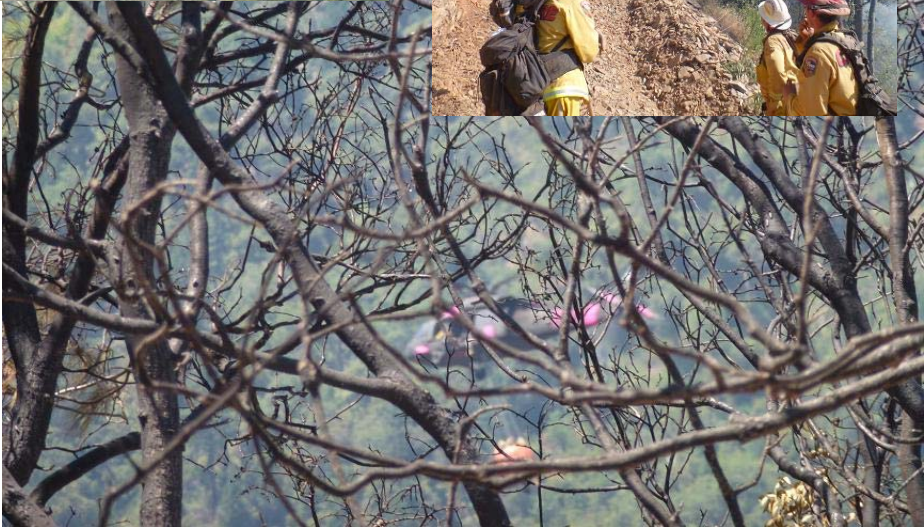
Reportable Injuries:	4
Record Only Injuries:	3
Injury by Activity:	
PT	0
Incident:	3
Training:	1
Station Duties:	3
Injury by Body Part:	
Head:	1
Torso/Back:	1
Extremities:	3
Heat Illness:	0
Exposure:	2

"SAFETY CORNER"

- 7/6/12, TGST, Exploding Targets
- 7/13/12, Green Sheet, CAMEU004405, Helicopter hard landing
- 7/23/12, Blue Sheet, CAMVU007686, Heat Injuries
- 7/27/12, Blue Sheet, CATCU006811, Traffic Collision w/ FF injury
- 7/28/12, Blue Sheet, CALNU005494, Heat Injuries
- 7/30/12, Blue Sheet, CAFKU009545, Vehicle Accident
- 7/30/12, TGST, Heat Injuries



*Photos from the Robbers
Fire in NEU.*



Corn (cont. from Pg 1)

hopes to change all that this summer, however. For the first time, farmers are planting Monsanto's newly approved, genetically modified Performance sweet-corn seeds. A representative from the company wouldn't divulge how much will be planted this year. One way to try to tell whether the sweet corn you're holding is GMO is to ask the farmers you buy from if they plant GMO corn. (Syngenta's Attribute and Monsanto's Performance are the two varieties sold in North America.) Another way: choose USDA organic corn. GMO crops are forbidden under organic standards.

Myth #2: Corn is fattening and sugary.

Truth: An ear of corn has about the same number of calories as an apple and less than one-fourth the sugar. In other words, it can be one of the healthier foods at the cookout! Just remember: while sweet corn is healthy, some of the toppings people like to put on it aren't. So don't assume an ear of corn slathered in butter and doused in salt is still a healthy option.



Myth #3: Cooking corn makes it less nutritious.

Truth: Antioxidant activity, which helps protect the body from cancer and heart disease, is actually increased when corn is cooked.

Myth #4: Corn has no healthy benefits.

Truth: Sweet corn is loaded with lutein and zeaxanthin, two phytochemicals that promote healthy vision. A midsize ear also offers a helpful 3-gram dose of dietary fiber.

Myth #5: The best way to choose corn is by the color of the kernels.

Truth: Although corn lovers often profess to have favorite varieties, farmer Kevin Smith, interviewed by Estabrook for the story, says variety is far less important than freshness. "Any corn can be ruined if it's old," he says. Nor is

color a key to quality. Yellow, white, bi-color—it doesn't really matter. Preferences vary from region to region. Avoid corn with dry, pale husks and silks that are desiccated where they enter the cob. If pricked, kernels should squirt whitish juice. As for choosing the best-tasting corn, abide by Smith's "one-day rule." Don't buy a cob that's more than 24 hours out of the field.



Two great training classes developed by the National Fallen Firefighters Foundation with the goal of reducing LODD's.

If there is an interest, we can teach these classes locally, feel free to contact me directly at mike.waters@fire.ca.gov

Courage to Be Safe®

Training Type: LODD Prevention

Format: Classroom (General Delivery & Train-the-Trainer) and Online

Duration: 4 hours

This course is a provocative and moving presentation by the National Fallen Firefighters Foundation, through the Everyone Goes Home® Program, that is designed to change the culture of accepting the loss of firefighters as a normal occurrence.

Building on the untold story of line of duty death survivors, it reveals how family members must live with the consequences of a firefighter death. This presentation provides a focus on the need for firefighters and officers to change fundamental attitudes and behaviors in order to prevent line of duty deaths. The central theme promotes the courage to do the right thing in order to protect yourself and other firefighters and ensure that "Everyone Goes Home" at the end of the day.

Firefighters must have the courage to face a multitude of risks in order to save lives and protect their communities. Their courage allows them to willingly risk their own lives so that others can be saved. A different type of courage is required to stay safe in potentially dangerous situations, avoiding needless risks and tragic consequences.

Leadership, Accountability, Culture and Knowledge (LACK)

Training Type: LODD Prevention

Format: Classroom

Duration: 4 hours

Is your department on the path to a LODD? This compelling presentation by the National Fallen Firefighter Foundations examines the root causes of LODD's and the role of Leadership, Accountability, Culture and Knowledge as it influences the end result. Many fire departments across the United States "LACK the Right Stuff" to prevent them from being on a path to a line of duty death, with Leadership, Accountability, Culture and Knowledge being the elements that need to be addressed and managed in those environments.

Through education and training, those departments can improve their survivability by understanding the root causes of firefighter fatalities and tackling these four elements with special emphasis on understanding fire service culture.

Reality (cont. from Pg 3)

row. (In regards to working out every day, I consider walking to be a normal life activity, and it should be indulged in every day; it's good for the body and the mind.) It doesn't matter if one is weight lifting and the other is cardio; in the beginning, take a day off between workouts, but even on "off" days, write in you log book. Include your food intake, your physical and emotional states, and anything else of interest. Start out slowly. Beating yourself up straight away is not a recipe for continued adherence to the plan. You should feel like you did something, but you shouldn't be in pain. Some trainers sadistically enjoy making a new client hurt-and hurt for days. They insist this is needed to show them how out of shape they are. Well, I figure you already know how out of shape you are, so why rub it in? Besides, no matter how fit you are, I could make you sore for days simply by working you hard at something you aren't accustomed to

doing. I know this for a fact, because I have done it to myself more than once. (See, some trainers are masochistic rather than sadistic.)

Be Good to Yourself

Be honest about how much time and energy you have to devote to exercise. You are better off doing a less-ambitious program on a regular basis than trying to cram in too much too often and failing. Through moderate, regular exercise, you will find that you have more energy and are more productive than ever before, and that translates into more time to do the things in life that you enjoy (like additional exercise?). Taking care of your health and fitness is the best thing you can do for yourself and for those you love. Dream big, work hard, and make your fantasy your reality.

Michael Krueger is an NSCA-certified personal trainer. He got his start in fitness training while serving in the United States Coast Guard. He

works with firefighters and others in and around Madison, Wisconsin. He is available to fire departments, civic organizations, and athletic teams for training, consulting, and speaking engagements. He has published numerous articles on fitness, health, and the mind-body connection and was a featured speaker at the IAFC's FRI 2009 Health Day in Dallas, Texas. E-mail him at MKPTLLC@gmail.com.



*"Dare to reach out your hand into the darkness,
to pull another hand into the light."*

~ Norman B. Rice

CE Answer Sheet:

Complete this answer sheet from the previous CE article and forward it to the Training Office for grading and credit. (1 CE hour Credit for successful completion)

- | | |
|--|--|
| 1. <input type="checkbox"/> True
<input type="checkbox"/> False | 6. <input type="checkbox"/> True
<input type="checkbox"/> False |
| 2. <input type="checkbox"/> True
<input type="checkbox"/> False | 7. <input type="checkbox"/> True
<input type="checkbox"/> False |
| 3. <input type="checkbox"/> True
<input type="checkbox"/> False | 8. <input type="checkbox"/> True
<input type="checkbox"/> False |
| 4. <input type="checkbox"/> True
<input type="checkbox"/> False | 9. <input type="checkbox"/> True
<input type="checkbox"/> False |
| 5. <input type="checkbox"/> Yes
<input type="checkbox"/> No
<input type="checkbox"/> What does OTC mean? | 10. <input type="checkbox"/> Yes
<input type="checkbox"/> No |

Station:

Name:

Continued Next Month

Comments:

Copter 512 dropping on the Oregon Fire



For Suggestions or Comments:

CAL FIRE / Butte County FD

176 Nelson Ave

Phone: 530-966-8682

Fax: 530-879-3433

E-mail: Mike.Waters@Fire.Ca.Gov

"Let No Man's Ghost Say His Training Let Him Down!" -Unknown Author