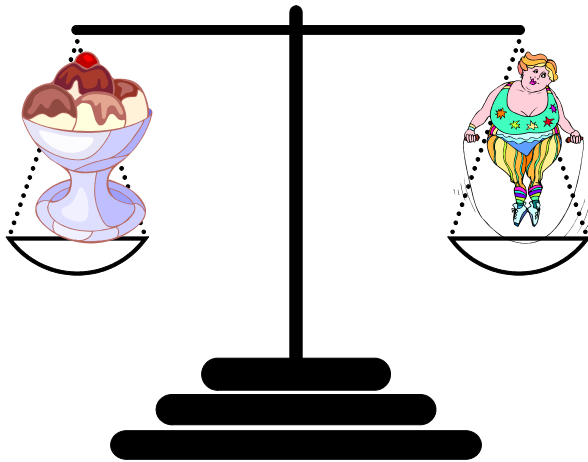


FIRE FITFACTS

FROM THE PHOENIX FIRE DEPARTMENT
AND THE AMERICAN COUNCIL ON EXERCISE

Fuel for the Fire ~ Energy Balance

Fighting fires can require a lot of energy. This energy is supplied in the diet in the form of calories. If you eat more calories than what is needed the body stores them in an energy bank account called **fat**. It takes about 3500 calories to make one pound of fat. Similarly, you will have to burn 3500 calories to remove a pound of fat. This is why everything you eat and every bit of exercise you do counts.



It has been proven that going on a diet without participating in consistent exercise, is ineffective in losing and maintaining optimal weight. If a fire fighter gains only $\frac{1}{2}$ pound a month during his/her career they would put on an additional 120 lbs in their 20-year career. So don't hesitate to lose that fat ~ exercise regularly and eat in moderation.



Activity/Calorie Meter

Activity	Cal/min
Sleeping	1.2
Classwork	1.7
Sweeping floors	3.9
Cycling	5-15
Volleyball	3.5 -8
Tennis	7.0 -11
Soccer	9.0
Football	13.0
Swimming	6 -14
Running	10-25

“The Rule to Everything is Moderation.”

Socrates

Food/Calorie Meter

Food	Calories
Potato Chips	1.2
Hostess Mini Muffin	1.7
Snickers Bar	3.9
French Fries	5-15
Ice Cream Cone	3.5 -8
Pepperoni Pizza	