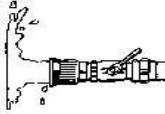


PHOENIX FIRE DEPARTMENT FIRE FITFACTS



Be Nice

Prevent Harm

Survive

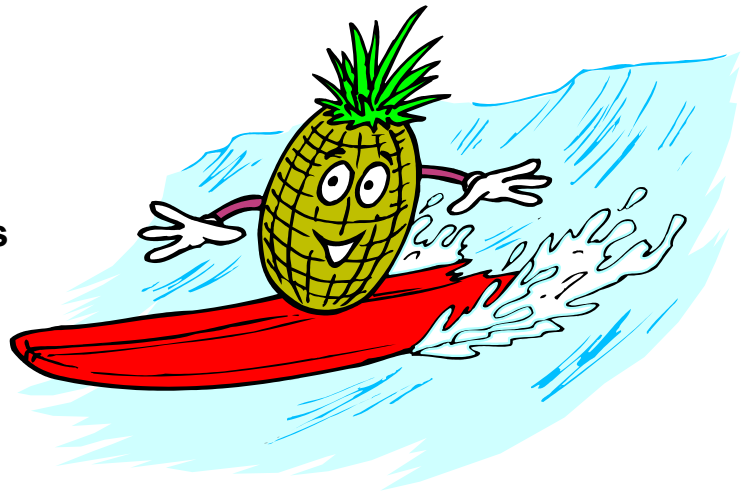
Spring Break

Re-Charging the Batteries

Fire fighters can only work so long before having to leave a building and refill their air. This is a time to catch their breath, rehydrate their body, rest their muscles and refocus their mind. This is called rehab on the fireground but we all need a little rehab in our normal lives. Whether it's getting a break from the demands of school or work, or from our normal routines and schedules, a break is very healthy.

This spring break do something fun that helps your mind and body recharge for the rest of the school year. Some great spring break activities may include:

- Read a book
- Climb a mountain
- Complete a home project
- Try a new activity
- Reflect on the year and your goals
- Organize your room
- Spend some time with your family
- Go for a bike ride
- Visit the zoo
- Go to an art museum



**From the Phoenix Fire Department
~Have a Fun & Safe Spring Break~**