

Participate in Firefighter Health Study

TO PARTICIPATE:

- Fill out the introductory questionnaire here: <https://tinyurl.com/MedDietSurveyVolunteers>
- Shorter follow-up questionnaires will be sent every three months for a year to monitor progress.
- Participation is voluntary, free, confidential, and can be withdrawn at any time.
- You must be 18 or older to participate.
- Volunteer/call firefighters, EMTs, rescue personnel and their spouses/significant others are eligible.
- Participants will be given access to online tools and resources—use as much as you'd like to implement healthier habits.

The Mediterranean Diet is proven to reduce risk factors for many conditions that threaten firefighters, including heart disease, diabetes, and cancer. It also promotes healthy sleep and improves overall quality of life.

The Harvard T.H. Chan School of Public Health is seeking volunteer firefighters, EMTs, and rescue personnel to participate in a study to determine the health effects of the Mediterranean diet on first responders and their families.

Sign up:

<https://tinyurl.com/MedDietSurveyVolunteers>

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Good Nutrition, Adequate Sleep and Frequent Physical Activity (150 minutes of moderate intensity or 75 minutes of vigorous intensity aerobic activity each week) promote weight control and reduce the risks of heart disease and cancer, while lowering stress and its negative consequences. Spend quality time with family and co-workers.