

# **DID YOU KNOW THAT FIREFIGHTERS WHO ARE HYPERTENSIVE ARE 12 TIMES MORE LIKELY TO DIE OF A HEART ATTACK ON DUTY?**

See what other eye-opening facts you may not have known by taking this firefighter health quiz:

(answers at the bottom)

1. What are the 6 major risk factors for heart attack?
2. What is the most effective thing you can do to lower your blood pressure?
3. What can you do to increase your HDL (good cholesterol)?
4. What are cancer fighting chemicals in food called and what foods are they in?

Get more science-based, firefighter specific health education by me, Dr. Karlie Moore, in my FitCulture Program for fire departments:  
[fitfordutyconsulting.com/wellness-program](http://fitfordutyconsulting.com/wellness-program)



1) Obesity, low fitness, smoking, hypertension, high blood glucose, poor cholesterol (high total cholesterol or LDL and low HDL); 2) Weight loss; 3) exercise; 4) Antioxidants—mainly found in fruits, vegetables and seafood