

The Newsladder

Start off the New Year with a Goal to be Physically Fit

Following holiday celebrations, thoughts often turn to the New Year and getting in shape. The federal 2008 Physical Activity Guidelines for Americans can guide and motivate you to get active. Regular physical activity over months and years produces long-term health benefits and reduces the risk of many diseases.

Adults gain substantial health benefits from 2 hours and 30 minutes a week of moderate intensity aerobic physical activity. Adults should also do activities to strengthen muscles and bones at least 2 days a week.

For most people, light daily activities such as shopping, cooking, or doing the laundry don't count toward the guidelines. Why? Your body isn't working hard enough to get your heart rate up.

Moderate-intensity aerobic activity means you're working hard enough to raise your heart rate and break a sweat. One way to tell is that you'll be able to talk, but not sing the words to your favorite song.

Try some of these moderate-intensity aerobic activities:

- Walking fast
- Doing water aerobics
- Riding a bike on level ground or with few hills
- Playing doubles tennis

Besides aerobic activity, you need to do activities to strengthen your muscles at

least 2 days a week. These activities should work all the major muscle groups of your body (legs, hips, back, chest, abdomen, shoulders, and arms). There are many ways you can strengthen your muscles, whether it's at home or the gym.

Try some of these muscle-strengthening activities:

- Heavy yard work (lifting, carrying, and snow shoveling)
- Push-ups on the floor or wall
- Sit-ups
- Working with resistance bands (long rubber strips that stretch)
- Lifting hand-held weights

Children aged 6 years and older benefit from an hour or more of physical activity every day. Most of the hour should be either moderate or vigorous intensity aerobic physical activity and should include vigorous-intensity physical activity at least 3 days a week. The other part of the hour should include weight bearing exercise to strengthen bones and muscles at least 3 days per week.

ADD more activity

- Do more by being active longer each time.
- Do more by being active more often.

SUCCEED

- Team up with a friend to stay motivated and

have more fun.

- Pick activities that you like to do.
- Track your time and progress to help stay on course.

LEARN more about how to add physical activity to your life

- Talk to your health care provider about good activities to try.
- Speak to the work site wellness coordinator at your job.
- Visit the CDC Physical Activity Web site.

www.cdc.gov





Staying Warm Safely

Many are looking to cut down on expenses when temperatures drop and home-heating costs rise. “There is usually an increase in home fires at this time of year because of the use of candles and space heaters,” said Scott Conner, Red Cross senior vice president for Preparedness and Health and Safety Services. “We have steps people can follow to reduce their risk of starting a fire in their home, and still cut down on their heating bills.”



HEAT YOUR HOME SAFELY

- All heaters need space! Keep things that can burn, such as paper, bedding or furniture, at least 3 feet away from heating equipment, fireplaces and stoves.
- Place portable space heaters on a hard, level, nonflammable surface. Do not put space heaters on rugs or carpets, near bedding or drapes, and keep children and pets away. Look for a model that shuts off automatically if the space heater tips over. Do not use heating equipment to dry wet clothing.
- Never use the stove or oven to heat your home.
- Never leave portable heaters, wood burning stoves or fireplaces unattended. Turn them off before leaving or going to bed.



- Keep the fire in the fireplace by using a glass or metal screen large enough to catch sparks and rolling logs.

CUT DOWN ON YOUR HEATING BILLS

- Eliminate drafts. Use either insulating tape or caulking strips to surround windows and door moldings. Cover your windows with plastic sheeting. If you have storm windows or storm doors, get them up to keep the cold out.
- Make sure heat vents aren't blocked by furniture.
- Turn down the thermostat.
- Close off any rooms that aren't in use and close heat vents or turn off radiators in those rooms.
- Insulate your light switch and outlet plates with foam pads. Cold air can seep into the house through them.
- Use heavy curtains to keep cold air out. Open them during the day to let the sun help warm your home and close them at night. Use fabric snakes or old carpets in front of windows and doors to help eliminate drafts.
- Turn off vent fans in the kitchen and bathroom when they are no longer needed.
- Set ceiling fans to blow air down.

DON'T FORGET FIDO AND YOUR NEIGHBOR

- Dress in several layers of lightweight clothing. Don't forget gloves or mittens, and a hat, preferably one that covers your ears.
- Wear waterproof, insulated boots to keep feet warm and dry and to maintain footing in ice and snow.
- Don't forget pets – bring them indoors. If that's not possible, provide adequate shelter to keep them warm and make sure they can get to unfrozen water.
- Check on people who require special assistance such as elderly people living alone, people with disabilities and children.

www.redcross.org



From the *American Heart Association Low-Fat, Low-Cholesterol Cookbook, Third Edition...*

Spicy Baked Pork Chops

Serves 4

Ingredients

Vegetable oil spray
Egg substitute equivalent to 1 egg, or 1 egg
2 tablespoons fat-free milk
1/3 cup cornflake crumbs
2 tablespoons cornmeal
1/2 teaspoon dried marjoram, crumbled
1/8 teaspoon pepper
1/8 teaspoon dry mustard
1/8 teaspoon ground ginger
1/8 teaspoon cayenne
1 pound boneless pork loin chops, all visible fat discarded, cut into 4 portions

Cooking Instructions

Preheat the oven to 375°F. Using vegetable oil spray, lightly spray a shallow baking pan large enough to hold the pork chops in a single layer.

In a small, shallow bowl, stir together the egg substitute and milk.

In a shallow dish such as a pie pan, combine the crumbs, cornmeal, marjoram, pepper, mustard, ginger, and cayenne. Using tongs, dip the pork chops in the milk mixture, letting excess liquid drip off. Coat both sides of the pork

chops with the crumb mixture. Put the chops in the prepared pan.

Bake, uncovered, for 15 minutes. Turn the chops. Bake for 10 minutes, or until the chops are tender and just slightly pink in the center.

Nutrition Analysis (per serving)

7Calories
4.0 g Total Fat
83.1 g Saturated Fat
2.0 g Trans Fat
9.0 g Polyunsaturated Fat
7.0 g Monounsaturated Fat
5 mg Cholesterol
0.0 mg Sodium
12.1 g Carbohydrates
0 g Fiber
0 g Sugar
8 g Protein
7 mg Calcium
6 mg Potassium

Dietary Exchanges

1/2 starch, 3 lean meat.

www.americanheart.org



Cooling Time: 23 mins
Thawing Time: 11 mins
Cooking Time: 55 mins
Crockery Cooker Time: 1 hour

New Law Now Requires Fire-Safe Cigarettes

In March of 2006, the Coalition of Fire-Safe Cigarettes kicked off its national campaign for fire-safe cigarettes, calling for cigarette manufacturers to immediately start producing and marketing only cigarettes that would adhere to an established fire safety performance standard. The campaign also addressed every state in the country, urging their participation to actively work on legislation for fire-safe cigarettes in order to save lives and prevent fires and injuries. After years of testing and talking to thousands of people, including legislators, cigarette manufacturers, fire service organizations, medical groups, and many other heavily involved participants, the fire-safe cigarette concept was embraced and created.

Experts created a cigarette that would burn less when left unattended. It was de-

termined that the most common fire-safe technology to use by cigarette manufacturers would be to wrap cigarettes with two or three thin bands of less-porous paper that would slow down a burning cigarette and ultimately self-extinguish.

In 2008, the Florida legislature passed the Reduced Cigarette Ignition Propensity Standard and Fire-fighter Protection Act (Florida State Statute 633.042), mandating that cigarettes sold in Florida on or after January 1, 2010, must meet specific requirements modeled after New York's legislation, which was the first state to pass fire-safe cigarette legislation in 2004.

As part of Florida's legislation, State Fire Marshal Sink's Division of State Fire Marshal, along with the Office of Attorney General, Department of Business &

Professional Regulation's Division of Alcohol, Tobacco and Firearms, and other local law enforcement agencies, will have the authority to enforce the use of fire-safe cigarettes. The State Fire Marshal Sink's office will have the authority to conduct testing to determine the cigarette meets the compliance measures and provide written certification.

"The use of fire-safe cigarettes has the ability to reduce cigarette-related fires by 75 percent," said Bureau of Fire & Prevention Chief Jim Goodloe. "The new cigarette is made with rows of speed bumps that add paper between tobacco layers to allow the cigarette to extinguish on its own."

As statistics show, cigarette-ignited fires are the leading cause of residential fire deaths. Each year in this country, 700 to 900

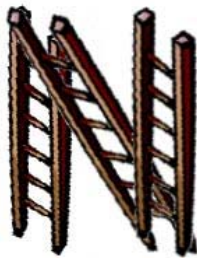
people die in cigarette-ignited fires. One quarter of those people killed - often including children and the elderly - are not the smoker. Fire-safe cigarettes have been designed to self-extinguish if dropped or left unattended and are less likely to ignite clothing, bedding or other material.

For more information on fire-safe cigarettes visit www.firesafecigarettes.org.



THE CITY OF TALLAHASSEE AND
THE TALLAHASSEE FIRE DEPARTMENT
PRESENT:

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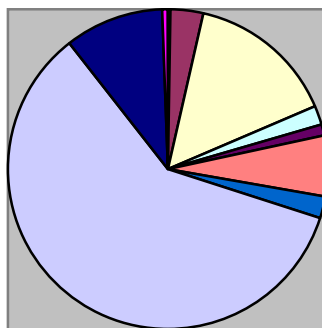
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Intended For
The Citizens of Tallahassee

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Just the Facts
October 1—December 31, 2009

Total Calls- 4396



■ Airport Alerts- 9	■ Brush/Rubbish- 149
■ Building Alarms- 659	■ Structure Fires- 87
■ Vehicle Fires- 47	■ Vehicle Rescues- 271
■ Hazard Invest.- 96	■ Medical- 2612
■ Service- 438	■ Misc. Rescue- 28