



Here's to a New Year!

from Estero Fire Rescue

Submitted by Susan Lindenmuth, Public Relations Manager

Welcome to a new year! What a wonderful holiday season we had. Thank you to all of you that helped make our annual Fill-A-Fire-Truck Toy Drive a huge success. We help the children in our community to have a very Merry Christmas and we couldn't do it without you.

What's your New Year Resolution?

It happens every year ~ the beginning of a new year and a new resolution. If you chose to be a healthier you in 2016, you are among the majority of Americans. The American Heart Association estimates that 70% of adults are overweight, increasing the risk of heart attacks and other health related problems. We, at Estero Fire Rescue, know this statistic very well. Over 75% of the calls run by the department are health related calls with many being heart related.

Need some guidance on how to set some healthy goals? Here are some tips from the American Heart Association (www.americanheart.org) to help you be successful in the New Year. As always, consult your physician before beginning any exercise regimen:

Think Smart – Find a New Start

Planning -- not sheer willpower -- is the key to losing weight for good. When you plan your day-to-day activities to support your efforts, you will find it much easier to reach and maintain your target weight. Think about how your current behavior fits with your planning. If you see a disconnect, find ways to change that behavior at the first opportunity. Planning is crucial to success.

Move More

Experts agree that diet alone is not enough to keep you fit and trim over time. Healthcare professionals have found that the best predictor of whether people will regain lost weight is whether they make physical activity a regular part of their lives. If you are committed to breaking the yo-yo cycle—if you don't ever want to regain the weight you lose—it's important to get used to moving more.

Eat Well

Good food and good health: They *do* go together! Eating well is much more than following a diet plan until you've lost weight—it is the commitment you make to choose foods wisely.

And remember to set small, measurable goals and build in rewards when you reach them, such as a new pair of running shoes! Here's to a healthier you!!

If you have any questions on this or any other topics, contact Susan Lindenmuth, Public Relations Manager at (239) 390-8000 or visit our website at www.esterofire.org and click on [Safety Encyclopedia](#).