

staying physically fit. Check out the FireFit Web site (www.nifc.gov/FireFit/index.htm) or the Work Capacity Test site (www.fs.fed.us/fire/safety/wct/wct_index.html) or other reputable sites to obtain useful information.

- If Web surfing isn't your thing, ask the folks who run your gym for advice, or hire a personal trainer. The trainer will cost you some cash, but they may provide the motivation you need to help you reach your specific fitness targets.
- Choose footwear wisely. Stop by a sporting goods store and purchase the best shoes you can afford that will match your exercise program. Cross-trainers will probably fit the bill for most of us, but if you run a lot or think you might add other physical activities to your plan, discuss this with qualified help at the store before settling on a pair of shoes.
- Wear comfortable, protective clothing that wicks moisture away from your body and socks that help cushion your feet.
- Always remember to bring enough to drink to replace the fluids you lose during exercise, as well as a quick

snack and a towel.

- If you incorporate running or biking into your program, always consider your safety first. Wear reflective clothing and small flashing safety lights that clip to your outerwear. There's a thousands things out there—rough pathways and trails, animals, vehicles, weather, criminals and who knows what else—that could ruin your day and cause you injury.

Conclusion

Gould believes all wildland firefighters should take their level of fitness seriously. "Your fitness level reflects how seriously you and your manager take [your physical health]," he says. "It's [also] an important ingredient in developing your core safety values." *Remember:* Wildland firefighting is a dangerous, physically demanding job; not everyone can do it. So maximize your health and safety, as well as the safety of your crewmembers, and incorporate a fitness program into your readiness regime.

Gene Madden is an SOFI, an IOFI and an MEDL. E-mail him at gmsofi@comcast.net.

FIREFIT FOOTNOTES

Goal Oriented

Develop a good goal statement before starting a fitness program

By Bequi Livingston

As you know, fire season is just around the corner. Have you started engaging in or actively developing your pre-season fitness regime? Have you even *thought* about your wellness goals for this season? If not, now is the time to get focused and begin working toward the personal and professional goals that you wish to accomplish this year.

A well-thought-out goal statement is one of the first things you should complete when pursuing your fitness goals. One great example of a clear, concise goal statement came from President John F. Kennedy when he said, "We will have a man on the moon and safely returned to earth in this decade."

To help you create an accurate statement for yourself, I've included the "tickler list" below, which is based on the S.M.A.R.T. technique for goal setting.

1. Ask yourself if you have a true desire to achieve the goal, or if it's just a

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