

***Tai Chi: A Possible Way to Reduce Cardiovascular  
Risk Factors in Firefighters***

**Jane Christianson, L. Sue Davis**

**College of Nursing  
University of Cincinnati**

Coronary heart disease (CHD) accounts for 39% of occupational fatalities in firefighters (Drew-Nord, Hong, & Froelicher, 2009; Geibe, Holder, Peeples, Kinney, Burgess, Kales, 2008; Lund, Taylor, & Herbold, 2001). According to the United States Fire Association 2009 report, "Firefighting is the Nation's most dangerous and hazardous job, with heart attacks, high stress levels, sprains and strains all too common" (p. iv.). Firefighters must maintain high levels of physical fitness in order to perform the duties of protecting public safety, therefore the firefighters' health and safety should be a priority to our nation (Drew-Nord et al., 2009). The prevalence of heart disease in firefighters has been well documented in the literature; however, research has not successfully reduced this trend. Because firefighting job activities vacillate between a physically demanding job and one of immeasurable sedentary time, intervention such as Tai Chi, may be beneficial in reducing the modifiable risk factors of inactivity and hypertension in this population. Tai Chi combined with nutrition and stress education significantly cardiac risk factors (Park et al., 2009).



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