

Making Health Easier: Worksite Wellness in Minnesota PSA (:60)

[Announcer] When firefighters in Rochester, Minnesota responded to an emergency at their own house, they discovered their usual equipment wouldn't work. So they grabbed shovels and seeds.

[Eric] Over 50 percent of the firefighter deaths that we've seen over the last 10 years are cardiovascular-related. The garden was an opportunity for us to segue into healthier eating habits, healthier lifestyles with some of our members.

[Announcer] Fire station meals got a lot healthier as the fire station garden took root.

[Mike] We've done kohlrabi, broccoli, summer squash, butternut squash, tomatoes, cause that's my favorite part of summer is the fresh garden tomato.

[Announcer] The Rochester firefighters hope the changes they're making will help themselves and also serve as an example to the community.

[Eric] Healthy eating habits are of course something we'd like to promote with everyone.

[Josh] By having this garden out here, it gives us a great opportunity to share the wealth of what we planted and harvested ourselves and that's kind of a prideful thing.

[Announcer] Visit makinghealtheasier.org to find out how you can make changes where you live. That's makinghealtheasier.org.