

**Texas Commission on Fire Protection
Health and Wellness Committee Meeting Agenda**

April 9, 2026 – 10:00 a.m.

**4800 N. Lamar Boulevard, North Lamar Boulevard Bldg., Room 140, Austin, Texas
The Health and Wellness meeting will be held in person at the above location.**

Agenda:

- 1. Call to order.**
- 2. Roll call and excuse of absences, if any, of Committee members.**
- 3. Adoption of the January 8, 2026 Health and Wellness Committee meeting minutes.**
- 4. Status updates and progress reports from assigned Project Workgroups:**
 - a. Sleep**
 - b. Nutrition**
 - c. Cardiac Health**
 - d. Hormones Report**
 - e. Fitness**
 - f. Mental Health**
 - g. Cancer Report**
 - h. Understanding VO₂ versus METs**
- 5. Review and discussion of the Injury Report.**
- 6. Discussion and possible action on 2026 Firefighter Stand Down Activities.**
- 7. Subjects for future agenda items.**
- 8. Future meeting dates.**
- 9. Adjourn.**