

Heroes Beyond the Mask

Esteban Galvan

“Man on Fire”



I am a firefighter with the San Antonio Fire Department, fitness instructor with STW Krav Maga, devoted partner, and father of two.

*“With God, all is possible.
Every day you wake up and
are able to move is a blessing
in itself and is a chance to
make a difference.” - Esteban*



I am a firefighter with SAFD and a fitness instructor with STW Krav Maga. On the fire end, my team and I serving our community as well as being role models for them, wearing appropriate PPE to our calls, washing our hands, cleaning our engine, staying updated and training on the latest fire and COVID practices, and practicing safe distancing. We have always practiced safety and good hygiene and we continue to do it even more as we cannot afford to go down and lose a fire station serving our community. I'm proud of being a firefighter and I'm inspired to see how people are coming together and lifting each other up in these times.

On the fitness end, at STW, I usually teach all of the fitness classes such as power fit, strength, plyometrics, and TRX bands and strive to create high energy, good music, challenging, motivating, and positive workouts for my STW family. Being a member for 5 years before I became an instructor, strive to ensure that, not only do give my members a great workout that they are not going to get anywhere else, but also that I also teach technique properly and make sure they understand it. Despite the gym being closed, I have been podcasting exercise videos and advice from home and fire station. I post a variety of workouts and encourage people to use whatever they have at home, such as buckets, car batteries, and paint cans, to stay in shape and to get through this.

Personally, my faith helps me cope with the stress of these times and to stay calm and positive. I believe everything is working according to God's plan and that all will be okay. Beyond that, wellness is everything to me – I have to stay well, ready, and in shape as a firefighter and a fitness instructor. To stay well, I have been training and testing my own level of fitness to better myself and to have a healthy life. Additionally, I have been spending more time with my family and staying connected with my support network through social media and phone. Beyond that, I have been doing a lot of home projects on my ranch – cementing the floor, redoing the roof, cutting trees, cleaning, moving the bees, working on my bike, painting, and tending to my five horses.

To help family stay well and not home anything from outside and from work, I'm practicing my firefighter safety and hygiene measures even more – changing and bagging my clothes after work before I go home, leaving my boots outside, washing my clothes separately, and showering when I get home. I have also been staying at home when I'm not at work to help our city, family, friends, and world do what it takes to overcome and get through this pandemic. Besides me, many others around me have been inspiring and have stepped up. For instance, my mom has been volunteering for the food bank and my girlfriend's mom and other friends have been making masks. I am grateful for them and I am grateful for my mom.

Post-COVID, I am hopeful to begin teaching fitness classes at STW Krav Maga again and going to dance two-step. Until then, just remember, with God, all is possible. Every day you wake up and are able to move is a blessing in itself and is a chance to make a difference.