

First Responder Health, Wellness and Fitness

Course Description

This class will provide fact-based information and debunk the numerous nutrition, health and wellness “fads” that exist. I will empower attendees with science-based information to make positive changes to their nutrition, fitness, and overall health. Attendees will leave this training session with the knowledge and resources to have better informed conversations with their personal physicians and ultimately become the best advocates for their own health optimization.

This course is designed for administrators/supervisors as well as line staff. This program is interactive and will take a commonsense approach to explaining the subject of health, wellness, and fitness. The training will cover in detail - *not vague suggestive terms* - how to build a successful wellness/fitness program for individuals as well as organizations.

Topics include:

- 1) Insulin Resistance, Inflammation, Heart Health, Disease Prevention and how they are related.
- 2) Guidance to help attendees understand their own blood work and how it relates to overall health.
- 3) Employee Wellness Program development with a focus on Nutrition, Supplements, Fitness Training, Financial Planning and Mental Health Awareness.
- 4) How to gauge success in wellness/fitness programs to include pre- and post-testing options and how to fund them.
- 5) Nutrition instruction that will discuss in detail what to eat for reduction in bodily inflammation and health optimization. Personalized macro nutrient based nutritional protocols will be developed for everyone attending the session.
- 6) How proper nutrition protocols directly relate to improved blood health markers, disease prevention, insulin response and reduction of bodily inflammation.
- 7) The importance of adequate sleep, stress reduction hydration and recovery.

The fitness programming portion of the class is appropriate for beginners as well as experienced practitioners. The topics covered include fitness best practices, workout programming, breathing exercises and how to begin a safe, effective workout routine immediately.

Presenter

Steve Petrilli has been with the Normal Police Department for approximately 22 years and is currently the Assistant Chief of Operations. He has been a Recruiter, FTO, SWAT Operator and K-9 Handler. Steve has held supervisory positions in Patrol, VICE, SWAT, Pro-Active Gang Crimes Unit and for the Town of Normal Employee Wellness Committee. He is a graduate of Illinois State University (B.S.), Northwestern Police Staff and Command and the FBI National Academy Session #264. Steve is a former college athlete, a Certified Physical Preparation Specialist (CPPS), a CF-L1 Trainer, and has successfully completed L-1 Power Athlete Methodology Training, CrossFit Law Enforcement Application Specialty Training and Lee Taft Speed School. Steve is currently a part-time Strength and Conditioning coach at The Athlete Factory in Bloomington, Illinois. Steve is also the owner of First Responder Health and Wellness LLC.

Registration

To register, contact Steve at firstresponderhw@gmail.com or call/text 309-336-4290. This class is certified through the ILETSB and qualifies for Procedural Justice and Officer Wellness mandated training credits.