**East Central Illinois Police Training Project MTU 12**

**TO:** Law Enforcement Administrators

**FROM:** Kevin Koontz, Police Training Director

**DATE:** August 19, 2024

**RE:** Training Announcement

***Officer Health, Wellness and Fitness*** will be held on **September 6th, 2024**at the ILEAS Training Center. This course is currently pending certification by the Illinois Law Enforcement Training and Standards Board and approved for the following mandates:

* Officer Wellness and Mental Health (8.0hrs)

***Course Description:***

This class was designed to provide fact-based information and debunk the numerous nutrition, health and wellness “fads” that exist.  The instructor 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.

This course is taught by Chief Steve Petrilli with the Normal Police Department.

Please register officers via online registration at MTU12.com **by August 30th.**

**Department Sign-Up Sheet**

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Department Training Staff:

Please use this sheet as an inter-department sign up sheet for staff who are interested in registering for the course. Then, after determining staffing levels, department needs, etc… please visit [www.mtu12.com](http://www.mtu12.com) and register those who will be attending.

East Central Illinois Police Training Project

MTU 12 • Illinois Law Enforcement Training & Standards Board

**September 6th, 2024**

**Officer Health, Wellness and Fitness**

* Insulin Resistance, Inflammation, Heart Health, Disease Prevention, and how they are related.
* Guidance to help attendees understand their own blood work and how it relates to overall health.
* Employee Wellness Program development with a focus on Nutrition, Supplements, Fitness Training, Financial Planning and Mental Health Awareness.
* How to gauge success in wellness/fitness programs to include pre- and post-testing options and how to find them.
* Nutrition instruction that will discuss in detail what to eat for reduction in bodily inflammation and health optimization.  Macro nutrient based nutritional protocols will be an area of emphasis during class instruction.
* How proper nutrition protocols directly relate to improved blood health markers, disease prevention, insulin response and reduction of bodily inflammation.
* The importance or adequate sleep, stress reduction, hydration and recovery.

**LOCATION:** ILEAS Training Center **HOURS:** 8:00 am - 4:00 pm

1701 East Main St. **TUITION:** - 0 -

Urbana, Illinois

**INSTRUCTOR:**

**Chief Steve Petrilli**

Normal Police Department