

# First Responder Health, Wellness, and Fitness

*with Chief Steve Petrilli*



**Thursday October 6**

**9:00am-12:00pm**

**Lisle-Woodridge Fire Fighter Union Lodge**

**4979 Indiana Ave., Lisle, IL**



This ILETSB certified training will provide an overview of fact-based information and debunk the numerous nutrition, health, and wellness fads that exist. Attendees will be empowered with science-based information to make positive changes to their nutrition, fitness, and overall health. Attendees will leave this training session with the understanding of why first responders need specifically focused wellness programming based on the intricacies of the profession. The knowledge and resources shared will aid attendees to have better informed conversations with their personal physicians and ultimately become the best advocates for their own health optimization.

This interactive course is designed to explain the subjects of health, wellness, and fitness for everyone regardless of rank or job assignment. The training will provide information and guidance on how to build a successful wellness/fitness program for individuals as well as organizations. Topics include: Insulin resistance; Inflammation; Heart Health; Disease Prevention; Blood Markers; Employee Wellness Program development; Nutrition; Supplements; Hormones; Fitness Training; Mental Health Awareness; The importance of adequate sleep; Stress reduction; Hydration, and Recovery.

**For event registration visit:**

[100ClubIL.org/first-responder-training/](https://100ClubIL.org/first-responder-training/)



**Steve Petrilli** has been with the Normal, Illinois Police Department for 23 years and is currently the Chief of Police. He has been a Recruiter, FTO, SWAT Operator and K-9 handler. Steve has held supervisory roles in Patrol, VICE, SWAT, Pro-Active Gang Crimes Unit and for the Town of Normal



Employee Wellness and Insurance Committees. He is a graduate of Illinois State University (B.S.), Northwestern Police Staff and Command #250, the FBI National Academy Session #264 and the FBI Law Enforcement Executive Development Seminar Session # 80. 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, Lee Taft Speed School and is a Nutritional Coaching Institute L-1 Nutrition Specialist. Steve is currently a part-time Strength and Conditioning Coach at The Athlete Factory in Bloomington, Illinois and has extensive experience training first responders, youth, high-school and collegiate athletes.

Steve is a current Senior Faculty Member and Director of Officer Health and Wellbeing Education for the National Command and Staff College. Steve instructs on the topic of Officer Health, Wellness and Fitness nationwide. Steve is a subject matter expert in health, wellness and fitness for the Institute of Intergovernmental Research. Steve has authored numerous articles and blogs and has been featured on numerous podcasts for his knowledge, education and application within the wellness space. Steve is a Senior Executive Advisor and Director of Strategic Implementation for the metabolic health technology company ELEXR. Steve is also the founder of First Responder Health and Wellness LLC.

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