



# SOUTHERN ILLINOIS CRIMINAL JUSTICE TRAINING PROGRAM

Mobile Team Unit 15

## Training Announcement

Name of Training		Class ID#	Course ID#
Officer Health, Wellness, & Fitness		94706	68417
Date(s) of Training	Time	Hours	Location
May 3, 2019	0830 – 1630 Hrs.	8	Rend Lake College Coal Mine Training Center Building, Ina IL

### Course Description

This program will offer a deep dive into the subject of officer health, wellness and fitness. This course is designed for administrators as well as officers. The training class will cover in detail - not vague suggestive terms - how to build a successful officer wellness/fitness program and how to motivate employees to participate. First responders who are looking to make positive healthy changes to their nutritional protocol and physical training regime are highly encouraged to attend.

The fitness programming portion of the class is appropriate for both beginners and experienced practitioners. Topics covered in detail include workout programming plans and how to incorporate first responder job-specific skill transfer training into a well-rounded physical training routine. Personalized macronutrient-based nutritional protocols will be developed for everyone attending the session. The nutrition protocol will also discuss supplements and other additional wellness resources that will benefit each attendee.

### Course Objectives

- ✓ What officer wellness/fitness programs should focus on to include nutrition, 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 fund them
- ✓ Knowledge and awareness of common untruths in the wellness, fitness, and nutrition industry
- ✓ Proper nutrition protocols and how they directly relate to disease prevention, insulin response, and reduction of bodily inflammation.
- ✓ Importance of adequate sleep, hydration and supplementation.

### Instructor

Steve Petrilli has been with the Normal Police Department for almost 20 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 roles 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 (BS), Northwestern Police Staff and Command, and the FBI National Academy Session #264.

Steve is a former college athlete, a CF-L1 Trainer, and has successfully completed L-1 Power Athlete Methodology Training as well as Cross-Fit Law Enforcement Application Specialty Training. He is currently a S&C coach at The Athlete Factory in Bloomington, Illinois. Steve is also the owner of First Responder Health and Wellness LLC.

### Mandates Met by This Training

- Procedural Justice

*This class is partially funded and certified by the Illinois Law Enforcement Training and Standards Board*