



# MOBILE TEAM TRAINING UNIT IV



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A Statewide System of Inservice Training Program  
Illinois Law Enforcement Training and Standards Board

## PRESENTS

# OFFICER HEALTH, WELLNESS AND FITNESS

### COURSE DESCRIPTION:

This eight hour course provides the latest information to any officer considering lifestyle changes in diet, exercise, and stress strategies.

The myriad studies, systems, and folk knowledge on how to best maintain optimum health are overwhelming. This course addresses everyday patterns of living and how they affect officers' personal health and the expectations of their families and departments. Officers will be encouraged to develop plans regarding shift work, nutrition on the go, and stress reduction techniques.

Course topics which will be addressed by a nutritionist and physical fitness expert include:

- Key issues regarding flexibility, strength and endurance
- Cardiovascular and injury reduction strategies
- Overcoming nutritional challenges and options peculiar to police work
- Recommendations regarding weight training and weight loss
- Managing sleep, alcohol, tobacco usage
- Diabetes, hypertension, heart disease, back pain
- Managing joint problems, fibromyalgia, tendonitis, sprains and strains

**DATE:** October 28, 2024

**REGISTRATIONS ENDS** October 14, 2024

**TIME:** 8:00 AM-4:00 PM

**LOCATION:** MTTU IV, 1801 Windish Drive, Galesburg, IL 61401

**Instructors:** Steve Petrilli

**Cost:** MTTU IV MEMBERS: \$ 0.00 - NON MTTU IV MEMBERS: \$ 0.00

**MTTU IV Members are given priority registration status.**

Visit [www.mttuiv.org](http://www.mttuiv.org) to register. Registrations are only accepted from department training officers

Per Board approval, this Class Meets the following Mandatory Training Key Guidelines.

Officer Wellness/Mental Health—8 hours

*This Training is grant funded through the Illinois Law Enforcement Training and Standards Board.*