



Law Enforcement Training Advisory Commission

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Bruce Liebe, Director

First Responder Health, Wellness & Fitness

Funded in the Partnership with the Illinois Law Enforcement Training and Standards Board

DATE: February 27, 2026

TIME: 8:00am – 4:00pm

LOCATION: Lincoln Police Dept. – 710 5th Street, Lincoln, IL 62656

INSTRUCTIORS: Steve Petrilli

NON-MEMBER FEE: \$0.00

Meets Illinois Mandates: Procedural Justice(2.00hrs) & Officer Wellness/Mental Health(6.00hrs)

COURSE OVERVIEW: 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.

COURSE TOPICS:

- 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.

TO REGISTER: Email registration to register@letac.org. You may also fill out and submit our online registration form through the website at www.letac.org or call 217-726-7014 to register by phone. **MTU #10 member agencies will be given registration preference until seven days prior to the date of class. After that date, registrations will be taken on a first-come, first-served basis, regardless of MTU status. We cannot accept registrations from individual officers. All registrations must go through your Chief, Sheriff, or department training office, even if you are attending class on your own time.**

CANCELLATION: If a class must be canceled for any reason, every effort will be made to do so at least 2 weeks before the class is scheduled to begin.