



## Law Enforcement Training Advisory Commission

840 S. Spring Street, Suite B • Springfield, IL 62704

Phone (217) 726-7014 • Fax (217) 726-7833 • Email [letac@mtu10.com](mailto:letac@mtu10.com) • Website [www.letac.org](http://www.letac.org)

JT Wooldridge, Director

# First Responder Health, Wellness & Fitness

**February 10th, 2023**

8:00 a.m. – 4:00 p.m.

**Richland Community College  
Shilling Building – Salon Room  
One College Park Way  
Decatur, IL**

**Shilling Education Center (main campus)  
Room: Salon's**

***This course is ILETSB approved and certified for the following mandates: Procedural Justice & Officer Wellness.***

### **Course Description**

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.

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.

Topics include:

- 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.

**Illinois Law Enforcement Training & Standards Board Mobile Team Unit #10**

Serving the Counties of Christian • Dewitt • Logan • Macon • Mason • Menard • Montgomery • Sangamon



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- 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.

The fitness programming portion of the class is appropriate for beginners as well as experienced practitioners. The topics covered include fitness best practices, workout programming, breathing exercises and how to begin a safe, effective workout routine immediately.

## Presenter

Steve Petrilli has been with the Normal Police Department for 22 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 (B.S.), Northwestern Police Staff and Command #250 and the FBI National Academy Session #264. 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 and Lee Taft Speed School. Steve is currently a part-time Strength and Conditioning coach at The Athlete Factory in Bloomington, Illinois.

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 Senior Executive Advisor for the metabolic health technology company ELEXR. Steve is also the founder of First Responder Health and Wellness LLC.

**Non-Member Tuition:** There is no fee as this class is covered by a grant.

**To Register:** Email registration to [register@letac.org](mailto:register@letac.org). You may also fill out and submit our online registration form through the website at [www.letac.org](http://www.letac.org) or call 217-726-7014 to register by phone (be sure to include all pertinent information). ***MTU #10 local member department officers 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. However, there are circumstances where last minute cancellation is out of our control. All officers who have been registered for training will be contacted at the email address

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given at registration, so please be sure to provide an email address which is checked often. Cancellations will also be posted to our mailing list and our Facebook and Twitter accounts.