



First Responder Health, Wellness and Fitness

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. Advanced first responder specific blood panels and physician consultations are made available to all who attend this session through a proprietary partnership that will be discussed during the class.
- 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. Macro nutrient based nutritional protocols will be an area of emphasis during class instruction.
- 6) How proper nutrition protocols directly relate to improved blood health markers, disease prevention, insulin response, hormonal health 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, energy systems, planes of motion, breathing exercises and how to begin a safe, effective workout routine immediately regardless of current fitness or skill level.

Presenter

Steve Petrilli has been with the Normal, Illinois Police Department for 25 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 serves as the Chair for the Illinois Association of Chiefs of Police Officer Wellness Committee.

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 a certified Public Safety Wellness Instructor and currently a part-time Strength and Conditioning Coach at The Athlete Factory in Bloomington, Illinois. Steve 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 First Responder Health, Wellness and Fitness nationwide. Steve is a subject matter expert in health, wellness and fitness for the Institute of Intergovernmental Research (IIR) and also serves as an instructor for the Suicide Awareness for Law Enforcement Officers (SAFLEO) Program. 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 also the founder of First Responder Health and Wellness LLC.