

SOUTHWESTERN ILLINOIS LAW ENFORCEMENT COMMISSION

Mobile Team ASSIST #14

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MANDATES: 6 Hrs. Officer Wellness and Mental Health & 2 Hrs. Procedural
Justice

P R E S E N T S

8 Hour First Responder Health, Wellness, and Fitness

Tuesday, January 14, 2025 – 8 AM/5 PM

LOCATION: Fairview Heights Police Department
10027 Bunkum Rd., Fairview Heights, IL. 62208

WHO: Steve Petrilli, Normal Police Department.

TO REGISTER: Visit our website www.silec.org. **Limit 30!**



This one day 8-hour program has been designed by First Responder Health and Wellness to provide students with a comprehensive overview of health and wellness related topics specific to first responders. This class will also provide fact-based information and debunk the numerous nutrition, health, and wellness “fads” that exist. Mr. Petrilli will empower the attendees with science-based information to make positive changes to their nutrition, fitness, and overall health. Attendees will leave the training session with 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.

Some topics are but not limited to:

- Insulin Resistance, Heart Health, Disease Prevention, and how they are related
- Nutrition instruction that will discuss in detail what to eat for reduction in bodily inflammation
- The importance of adequate sleep, stress reduction, hydration, and recovery
- Nutrition, Supplements, Fitness Training, Financial Planning, and Mental Health Awareness