

East Central Illinois Mobile Law Enforcement Training Team

MTU #13

651 Jackson St., Rm327
Charleston, Il. 61920
Telephone 217-345-3344



Course Announcement

First Responder Health, Wellness and Fitness

February 17th, 2021

0830-1630 Hrs

MTU 13 Police Training Center

3121 Dewitt Avenue

Mattoon, Il.

Submit enrollment to:

Registration form at

www.mtu13.com,

ecimlett@gmail.com

Or call 217-345-3344

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.
- 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.

Observed Mandates Include:

Procedural Justice

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 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 is a Strength and Conditioning coach at The Athlete Factory in Bloomington, Illinois.



Steve is a current faculty member of the National Command and Staff College and 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 owner of First Responder Health and Wellness LLC.



This course is funded by the Illinois Law Enforcement Training and Standards Board.