



# Program Improvement Strategies based on Police Chief Opinions Regarding Body Composition & Fitness

Matthew Wagner, Ph.D. & Michael Harper, M.Ed.

# *CONFLICT OF INTEREST STATEMENT*

I currently have, or I have had in the past 2 years an affiliation or financial interest with [company name(s)] around this presentation, including:

- Consulting
- Employment
- Stock holder or stock options
- Royalties or licensing fees
- Honoraria
- Promotional fees
- Research funding
- Corporate laboratory funding
- Scholarship
- Other(s)

# *CONFLICT OF INTEREST STATEMENT*

I have no actual or potential conflict of interest in relation to this presentation.

# Learning Objectives

- Attendees will secure an understanding of overall attitudes and values place on physical fitness and obesity in law enforcement from Police Chiefs.
- Attendees will learn three different levels of programming for an agency in order to meet attitudes and values from leadership where they are.
- Attendees will learn different implementation strategies for programs addressing wellness and fitness attributes in various agencies and be provided program components that can be utilized at any stage of support within an agency.



# Importance of health habits, fitness & wellness to law enforcement



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# LEMIT TX Police Chiefs Survey

Importance for officers to be physically fit?



N=365

■ Important

■ Somewhat Important

■ Somewhat Unimportant

■ Unimportant

# LEMIT TX Police Chiefs Survey

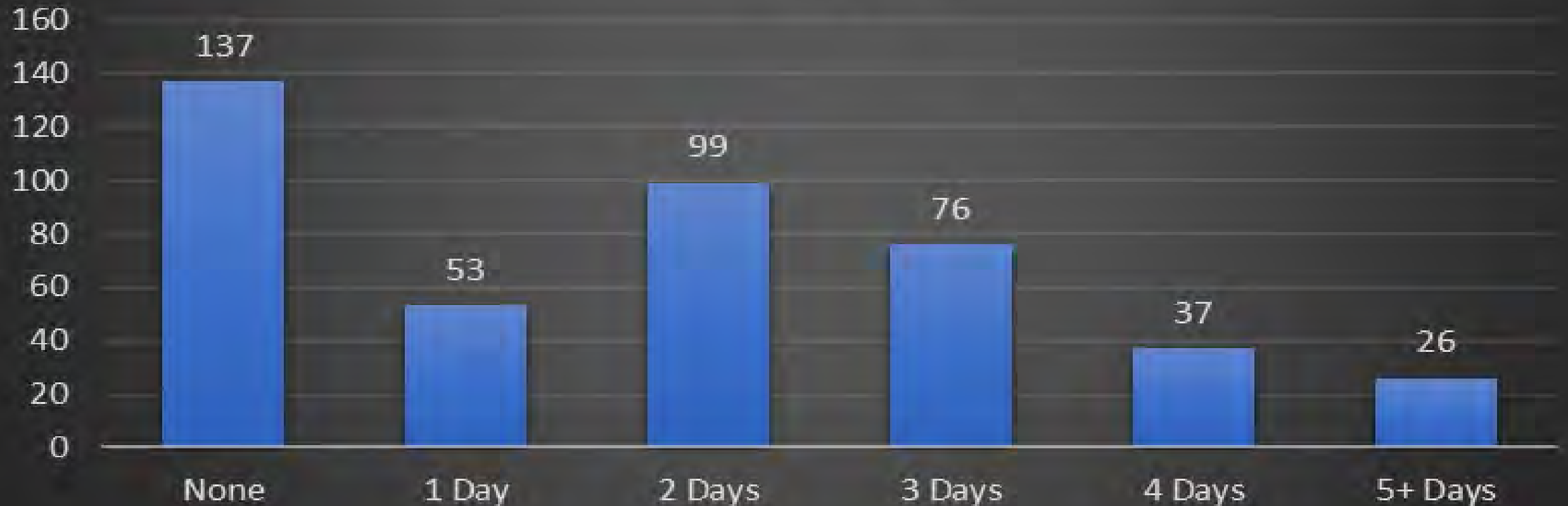
## Self Reported Current Fitness Level n=428



# LEMIT TX Police Chiefs Survey

## Self Reported Strength Training Weekly

n=428



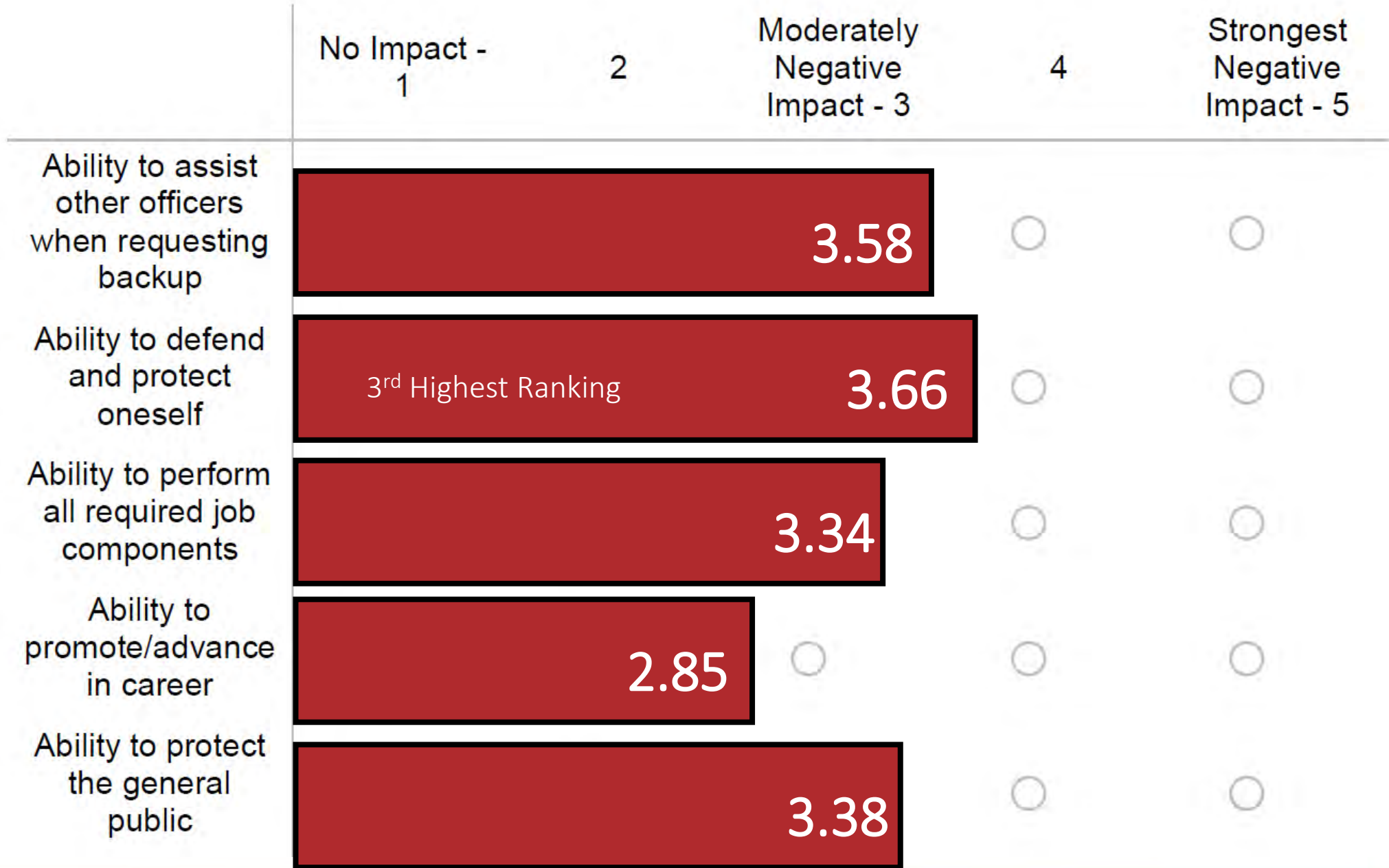
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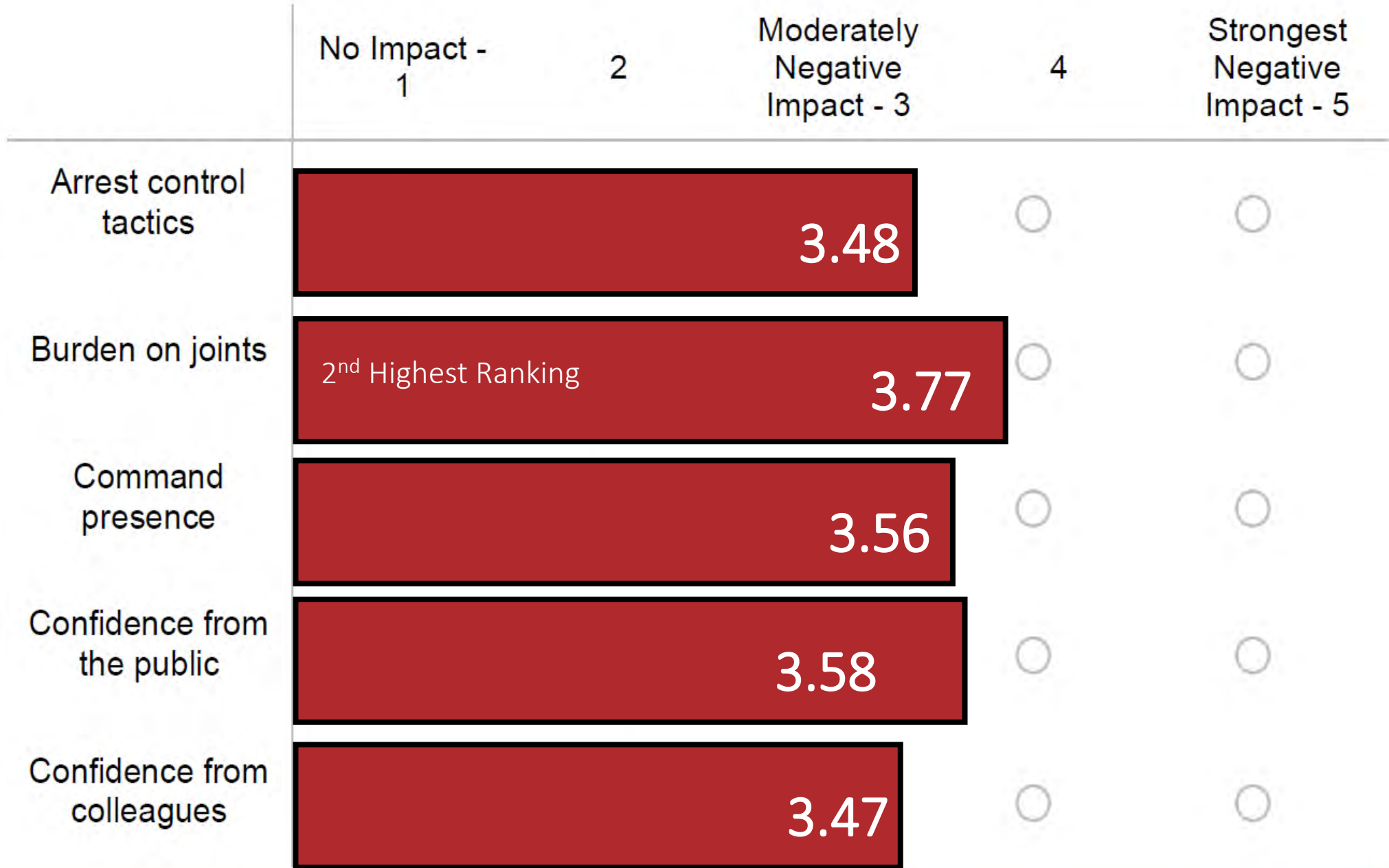
## Self Reported Cardio Exercise Weekly n=428

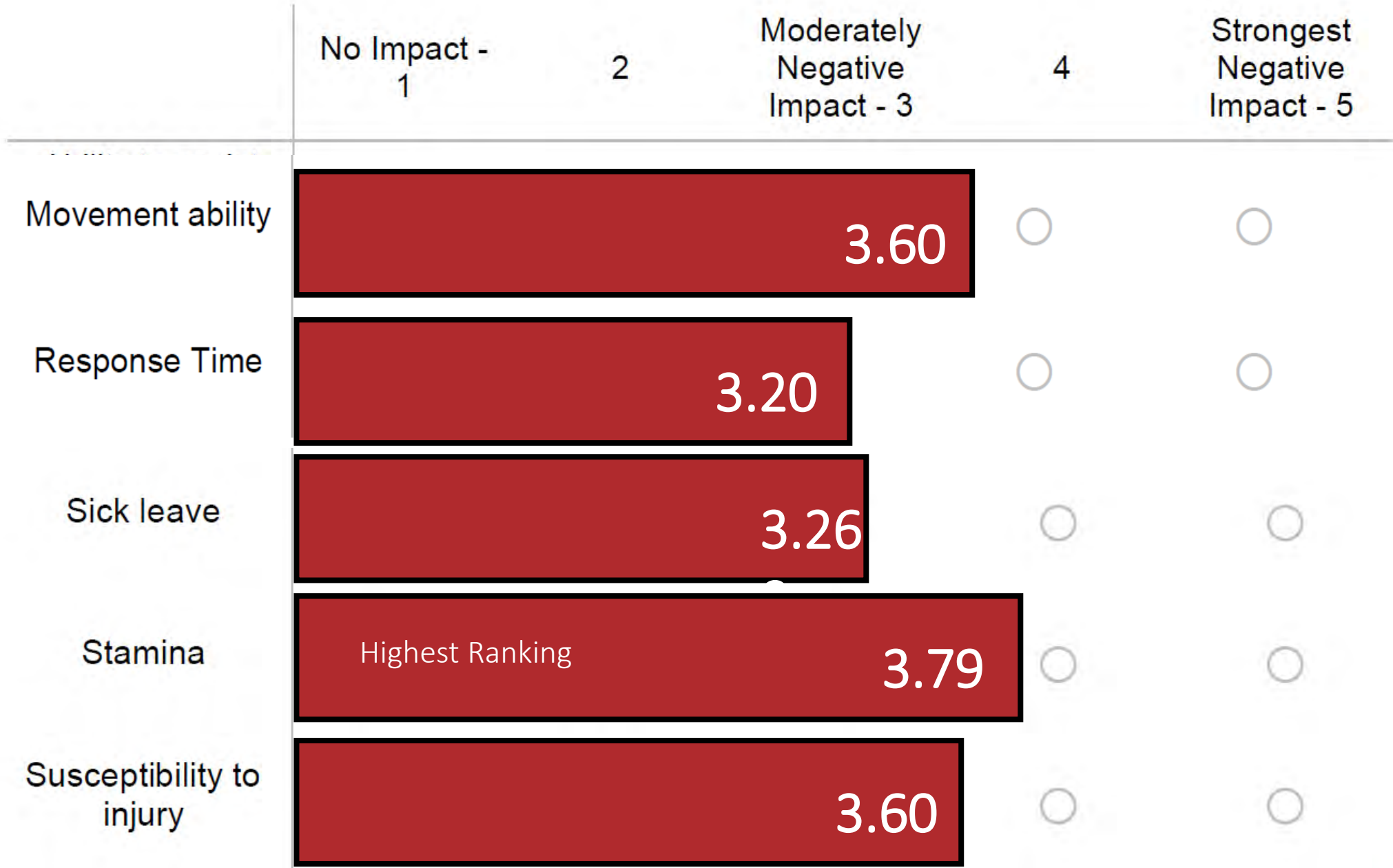




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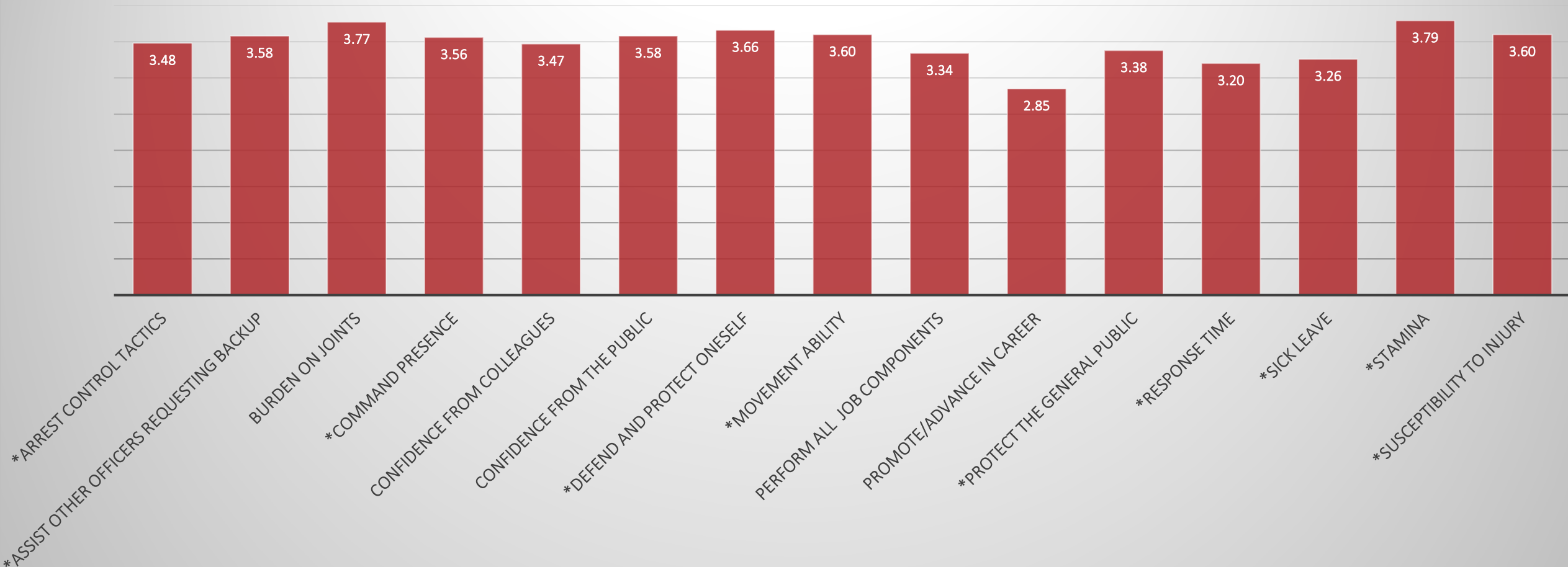
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On Scale of 1 to 5, degree each component is impacted by officers being unfit or physically inactive

N=366



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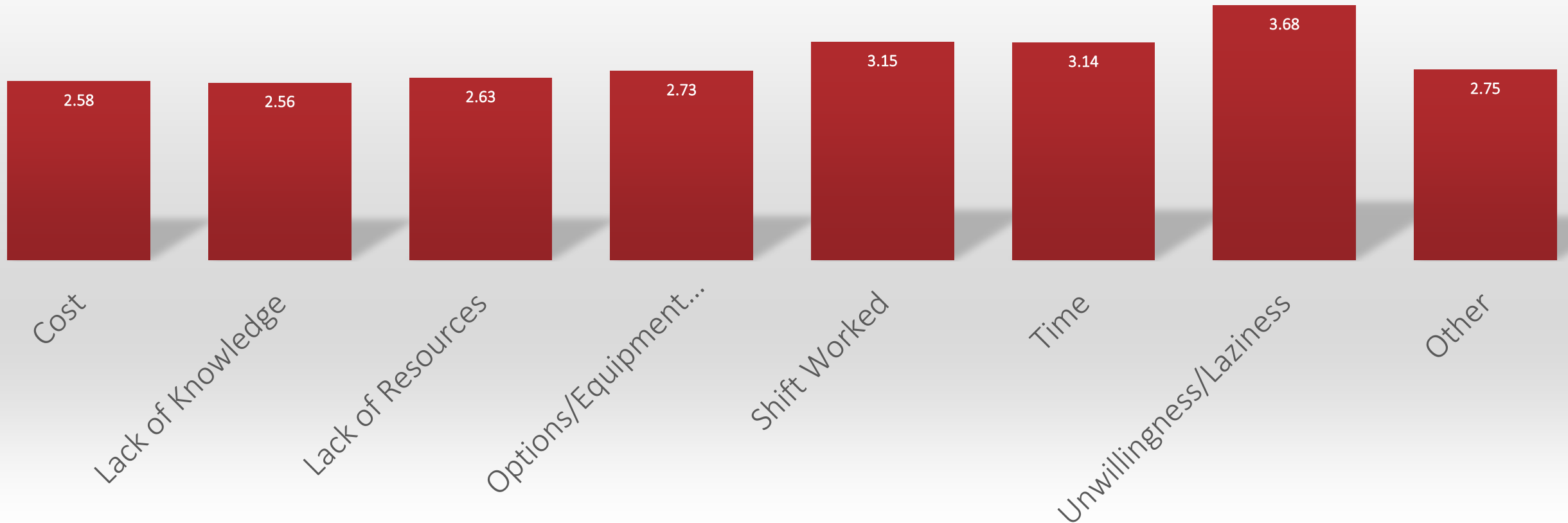
# LEMIT TX Police Chiefs Survey

Barriers to LEO ability to maintain minimum fitness levels to perform requirements of their jobs



# LEMIT TX Police Chiefs Survey

Barriers to LEO ability to maintain minimum fitness levels to perform requirements of their jobs





# Protection from Fitness



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What components are most important to target and work?

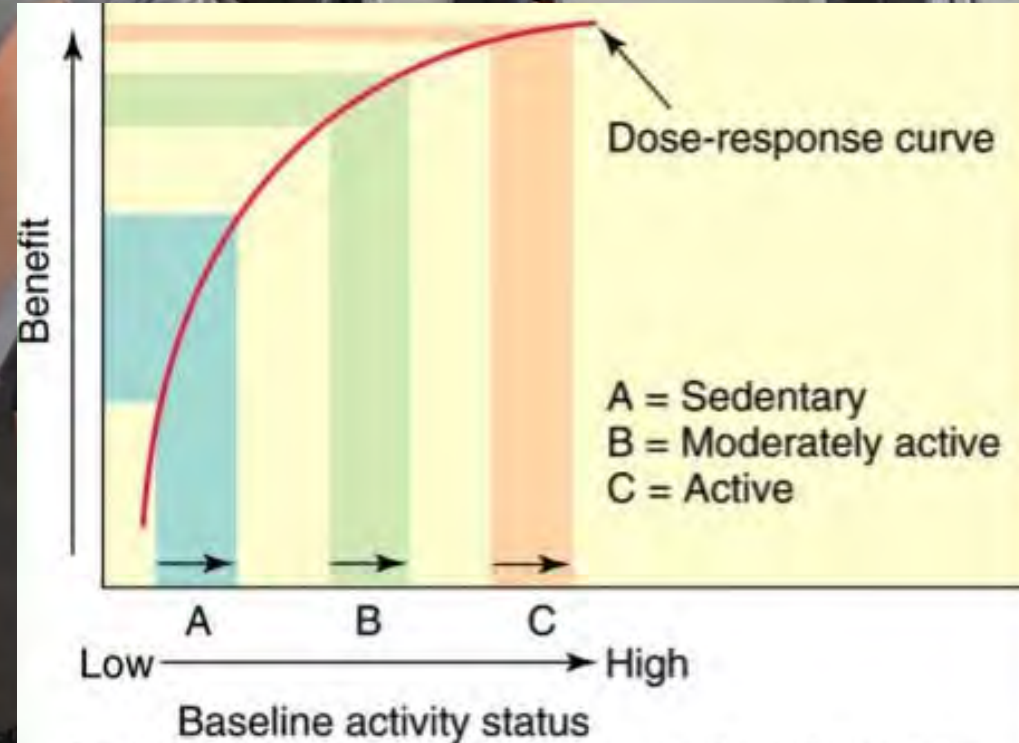


# Health Related Components of Fitness

Cardiovascular fitness or endurance  
Flexibility  
Muscular endurance (dynamic strength)  
Muscular strength (absolute strength)  
Body Composition

# Health Related Components of Fitness

Cardiovascular fitness or endurance  
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# Wave Approach



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# Easiest & Widest Reaching Components First



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# Educational Components

Why workout?  
How to  
accomplish?



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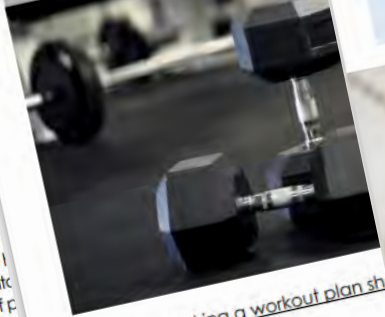
# Concepts of Exercise Videos

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## Creating a Balanced Workout



Making a workout plan should include:

1. **Dynamic Warm-up:** Get the body moving to use during the workout. Examples could include:
2. **Main Workout:** The following components:
  - a. Select a **type** of exercise to support your goal.
  - b. Select a **focus**, such as a certain muscle group.
  - c. Then, select your exercises based on that focus. **Include opposing muscle groups:** hamstrings, core & back, or the chest and shoulders.
3. **Cool Down/Stretching:** Spending 20-60 minutes on this is the main part of the workout.

Questions? Contact us at TX DPS Fitness Department

## BENEFITS OF TRACKING



Tracking daily physical activity and/or food intake can improve health behaviors and, therefore, outcomes

Studies show **WHY** tracking is beneficial:

- Tracking tends to increase physical activity
- Increased health benefits, such as weight loss: 92% of individuals lost an average of 15-20lbs compared to only 8-10lbs!

**Tips & Tricks:**

- ⇒ Have a Tracker: Download a mobile app that helps to create a routine and makes it easier to stick to.
- ⇒ Group the New Habit with an Established Habit: another daily habit (such as brushing teeth).

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## EXERCISE GUIDELINES



### The American College of Sports Medicine (ACSM) Guidelines

- **Cardiovascular Training:**
  - Get moving with three 10-minute walks per day for 5 days a week.
  - Join in on our video-led walks.
  - Join in person for a walk (per week) of vigorous intensity.
  - Achieve 3-5 days of cardiovascular breaks and some rowing breaks and some strength training.
- **Resistance Training (Muscle Strengthening):**
  - Include resistance training 2-3 times a week.
  - Use the equipment and do it right.
  - Using the equipment sets of 15-25 repetitions.
- **Flexibility Training:**
  - 2-3 days a week, although daily is best.
  - Stretch with Lacrosse or other activities.

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## Warm Up & Cool Down



Muscle flexibility allows for efficient and effective movement.

**Benefits of warm up and cool down:**

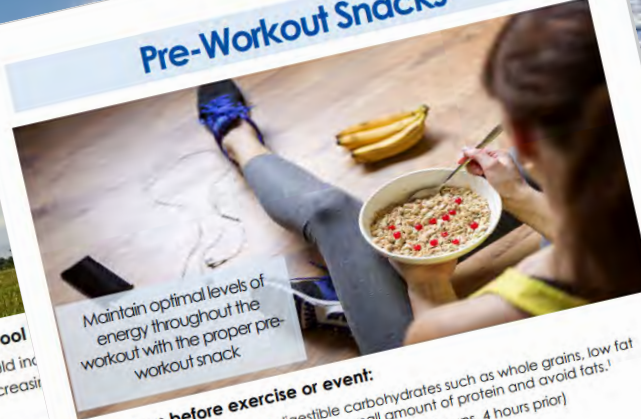
- Warm up movements should increase blood flow to the muscles for exercise.
- Cool downs and static stretching help to relax the muscles and allows for a quicker recovery.

**Tips & Tricks:**

- Warm up with movements that are similar to the main workout.
- Slowly bring the heart rate down after each stretch and completing 2-3 minutes as an example.

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## Pre-Workout Snacks



Maintain optimal levels of energy throughout the workout with the proper pre-workout snack

**1-4 hours before exercise or event:**

- Eat a meal with easily-digestible carbohydrates such as whole grains, low fat yogurt, or vegetables. Include a small amount of protein and avoid fats!
- Be sure to hydrate with water. (16-24 oz. or 2-4 cups, 4 hours prior)

**30 minutes prior to exercise or event:**

- Focus on fast-digesting carbohydrates such as a piece of fruit!

**Tips & Tricks:**

- ⇒ Experiment with new snacks during training, rather than trying something new just before a competition or other event.
- ⇒ Carbohydrates are the primary fuel source during exercise. Stock up on healthy, complex carbohydrates to have before a workout.
- ⇒ See our **DPS Snack Matrix** for more ideas on creating healthy snacks.

Questions? Contact us at physicalfitness@dps.texas.gov  
TX DPS Fitness Wellness Unit  
Texas Department of State Health Services



A photograph of a person surfing on a wave. The person is shirtless and wearing dark shorts, riding a surfboard on the face of a wave. The water is a deep blue, and the wave is breaking with white foam. The text is overlaid on the left side of the image.

# Slightly More Involved Components in Second Wave



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# Agency Events

9/11 Stair Climb

Memorial 5k

Texas Police Games



## 9/11 Memorial Stair Climb

*What: 110 Flights of stairs to honor those who made the ultimate climb*



**Trp Moises Sanchez Obstacle Course Run**



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# Short Term Exercise or Nutrition Programs

## Core Challenge

Complete 2-3 sets of the exercises scheduled for each day. O-swimmer are (lying on stomach with arms out in front of body and with arms straight, move arms around to on top of buttocks without touching the ground, then return to start for one repetition).

Mark off each day after completing with the goal of completing all of the days in each week in addition to the rest of your workout.

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------|--------|---------|-----------|----------|--------|
|        |        |         |           | 1        | 2      |
| 4      | 5      | 6       | 7         | 8        | 9      |
| 11     | 12     | 13      | 14        | 15       | 16     |

## Step, Row, and Push-Up Challenge

Set a goal for yourself for the 21 days of the challenge (suggestions are listed below yet can be edited). Then track the number of steps taken per day using phone, watch, pedometer or other device, the number of miles run or meters on the rower, and the number of push-ups completed per day. Throughout the challenge, the accumulated totals at the bottom will be updated as you make entries. The goal is to then submit your final results to help with a team effort as sergeant areas compete against one another for bragging rights.

|            | Goal= 200,000 | Goal= 60 miles or 100,000 | Goal= 1,000 or 2,000 |
|------------|---------------|---------------------------|----------------------|
| Steps      | 10,000        | 5,500                     | 100                  |
| Run or Row | 10,500        | 5,000                     | 100                  |
| Pushups    | 11,550        | 4,500                     | 60                   |
| Day 1      | 10,000        |                           |                      |
| Day 2      |               |                           |                      |
| Day 3      |               |                           |                      |
| Day 4      |               |                           |                      |
| Day 5      |               |                           |                      |
| Day 6      |               |                           |                      |
| Day 7      |               |                           |                      |
| Day 8      |               |                           |                      |
| Day 9      |               |                           |                      |
| Day 10     |               |                           |                      |
| Day 11     |               |                           |                      |
| Day 12     |               |                           |                      |
| Day 13     |               |                           |                      |
| Day 14     |               |                           |                      |
| Day 15     |               |                           |                      |
| Day 16     |               |                           |                      |
| Day 17     |               |                           |                      |
| Day 18     |               |                           |                      |
| Day 19     |               |                           |                      |
| Day 20     |               |                           |                      |
| Day 21     |               |                           |                      |



Goal: Achieve 2-3 days per week, aim to complete all 15 days or selected days.

Instructions:

- Based on your goal, select the day & complete one of the three workout options
- Follow the workout for the day
- Fill in Completed Workout Tracker

|                      | Day 1  | Day 2  | Day 3  | Day 4  |
|----------------------|--|--|--|--|
| <b>Rowing Option</b> | 10 x 500m row with 90 sec rest between sets  | 5 x 1,000m row with 2 min rest between sets  | Run each of the following distances with 1 min rest between each: 250m, 500m, 750m, 1,000m, 1,000m, 750m, 500m, 250m | 5 rounds of 5 minute row with 1-2 min rest & goal for same number of meters in each round  |
| <b>Run Option</b>    | 10 x 500m run with 90 sec rest between sets  | 5 x 1,000m run with 2 min rest between sets  | Run each of the following distances with 1 min rest between each: 250m, 500m, 750m, 1,000m, 1,000m, 750m, 500m, 250m | 5 rounds of 5 minute run with 1-2 min rest & goal for same distance in each round          |
| <b>Walk Option</b>   | 10 x 500m walk with 60 sec rest between sets | 5 x 1,000m walk with 2 min rest between sets | Walk quickly for 9 min followed by slower walk for 1 min & repeat 10 times   | 5 rounds of walking for 8 minutes with 1-2 min rest & goal for same distance in each round |

Remember with any exercise to follow medical recommendations and if any questions, please email [physicalfitness@dps.texas.gov](mailto:physicalfitness@dps.texas.gov)



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# Most Involved Greatest Impact



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# Weight Management Programs through Insurance



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# Workout Groups

Daily Workouts Available at



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# Agency Fitness Program / Policy



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## Options:

- Voluntary
- Mandatory to Test without standards
- Mandatory with Standards



**Core Value:  
Teamwork**

**Officer Safety  
De-escalation**



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TX DPS Fitness Wellness  
Website

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