



121 Loring Avenue • Suite 220 • Salem, MA • 01970 • 978.745.3629 • info@fitforceinc.com

FITFORCE COORDINATOR COURSE
Hampden County Sheriff's Department
December 10 - 12, 2018

The **Hampden County Sheriff's Department** and FitForce™ are pleased to announce this program. The course is open to all public safety personnel.

Description

This intensive 24 hour *Coordinator Course* emphasizes physical fitness, but also provides information about nutrition, weight management, stress management, smoking cessation and substance abuse prevention. The course provides the training that will help improve officers' performance and health while reducing liability, disability, and medical costs to your agency.

During the three day program, participants will

- Learn how to screen officers for safe participation in training and testing,
- Gain competence in assessing officers' current fitness levels,
- Discover how to set fitness goals and develop plans to meet those goals,
- Study ways to monitor individual's progress, and
- Develop an understanding of how to apply safety, planning, and coordination procedures to an agency's fitness program.

The course is highly interactive, with numerous activities to stimulate learning and encourage participants to share their experiences. The course materials include the *Coordinator Guide*, a valuable reference that serves as a workbook for the course

Fill in registration below for the 3 day FitForce COORDINATOR COURSE

Make checks or PO's, for \$495.00 per participant, payable to FitForce, Inc.
and mail to: FitForce, 121 Loring Avenue, Suite 220, Salem, MA 01970.

For questions about registration or payment, please call FitForce at 978/745-3629 or contact Lt. Wade Dubois (413) 858-0184, or by email: wade.dubois@sdh.state.ma.us .

Please Print

Name _____ **Telephone ()** _____

Address _____ **City** _____

State _____ **Zip** _____ **Department** _____