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

## **FITFORCE COORDINATOR RE-CERTIFICATION COURSE**

**Idaho State Police**

**July 15, 2019**

The **Idaho State Police** and FitForce™ are pleased to announce this program. The course is open to all public safety personnel.

### **Description**

This 8-hour program is a re-certification for the 24 hour *Coordinator Course* which: 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 this program, participants will

- Review recent legal decisions,
- Learn the revised health screening process,
- Review current recommendations around exercise and exercise testing,
- Review the elements of 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.

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### **Fill in registration below for the one- day FitForce COORDINATOR RE-CERTIFICATION COURSE**

Make checks or PO's, for \$195.00 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 Mike Franson (208) 884-7215, or email: mike.franson@isp.idaho.gov .

**Please Print**

**Name** \_\_\_\_\_ **Telephone ( )** \_\_\_\_\_

**Address** \_\_\_\_\_ **City** \_\_\_\_\_

**State** \_\_\_\_\_ **Zip** \_\_\_\_\_ **Department** \_\_\_\_\_