



# PFPO

## Police Fitness Personnel of Ontario Newsletter December 2011

Visit our website: [www.pfpo.org](http://www.pfpo.org)

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### Newsletter Editor Message

*By Lori Neufeld*

Hello from the recently appointed PFPO Newsletter Editor and Team Leader of the Physical Fitness Department at OPC.

As many are aware Claire Shaw retired from OPC after a 33 year career in the Physical Fitness Department. We had a terrific send-off in September at a retirement party that included members of the PFPO Executive and many former University co-op students. I have no doubt that he will enjoy his retirement years with his family and friends at their cottage.

2012 marks the 25<sup>th</sup> anniversary of the Ontario Police Fitness Award. We have already awarded some members with their 25 year pin, these members are highlighted on page 4, congratulations you are terrific role models of policing and fitness. As more members achieve this goal, please keep us updated and we can feature them in upcoming newsletters. Please send their names and photos to [lori.neufeld@ontario.ca](mailto:lori.neufeld@ontario.ca).

**Changes to Fitness Pin & Police Fitness & Health Conference**

Changes to the fitness pin include replacing the 3 minute curl-up test with a 3 minute core endurance test. The test consists of having the subject lie in a prone position on a stable surface with the lower body secured and the upper body extended beyond the surface. The test consists in holding the upper body horizontal as long as possible. Research studies report that position-holding times may predict the occurrence of low back pain in individuals in the near future. Protocol and standards plus research supporting the test will be presented at the Recertification Course in April.

**FITNESS APPRAISER  
RECERTIFICATION  
Tuesday April 24th  
At OPC \$125 (1 day)**

Following the Recertification Course will be a 2 day Police Fitness and Health Conference. The PFPO conference sub-committee has been working at finding a variety of presenters relevant to police officers. The presentations will include latest trends in fitness, current information related to policing and training plus hands-on active sessions. We feel the sessions will be beneficial to all police educators and trainers and provide an excellent networking opportunity.

**POLICE FITNESS AND HEALTH  
CONFERENCE  
Wednesday April 25th & Thursday  
April 26th  
At OPC \$250 (2 days)**

**Recertification & Conference  
(April 24-26) \$325 (save \$50)**

***For more information and to register  
online:  
[www.pfpo.org](http://www.pfpo.org)***

**Registration will begin in January 2012**

**Proprioceptive Neuromuscular  
Facilitation (PNF): Facilitated  
Stretching**

*By: Danielle Chitussi*

Most people are aware that stretching pre and post exercise is essential to improve flexibility and reduce muscle soreness. There are different stretching methods with the most familiar being static and dynamic stretching. Proprioceptive Neuromuscular Facilitation (PNF) is another stretching technique created in the mid 1900's as a rehabilitation technique to treat polio patients with paralysis. PNF has become increasingly popular in the past 20 years both as a physical therapy modality and with athletes and the general public.

PNF is done with a partner and can be passive or assisted-active exercises. Two methods are commonly used; Hold-Relax or Contract-Relax. PNF Hold-Relax (HR) is used if range of motion (ROM) is severely limited or if active movement causes pain. In HR the stretcher actively moves their limb into a deeper stretch. Contract -Relax (CR) is used when a person has marked limited ROM. In CR the stretcher takes a more passive role as the partner does more of the work to move the limb passively into a deeper stretch.

Since PNF was developed, different stretching techniques have evolved based on the principles of PNF including facilitated stretching; an active-assisted stretching technique. Facilitated stretching can be done with or without a partner since it focuses on the stretcher doing the work and actively bringing the muscle through ROM. Facilitated stretching can be very effective in improving flexibility because it focuses on a muscle's ability to lengthen.

Facilitated Stretching is an easy 3-step technique. We will use stretching the hamstrings as an example of how to perform facilitated stretching with a partner.

1. The stretcher actively lengthens the target muscle (hamstrings) by contracting the quadriceps and psoas (hip flexors). (Figure 1)
2. The stretcher isometrically contracts their hamstrings for 6 seconds as the partner provides resistance. An isometric contraction means the muscle contracts but no movement occurs. It is important to continue normal breathing throughout. (Figure 2)
3. The stretcher exhales and actively stretches their hamstrings to a new ROM by contracting their hip flexors once again. (Figure 3)
4. Repeat sequence 2-3 times.

Fig.1: Stretcher actively lengthens target muscle



Fig. 2: Stretcher isometrically contracts against resistance



Fig. 3: Stretcher actively moves into a deeper stretch

Facilitated stretching is also called CRAC Stretching (Contract, Relax, Agonist Contract). The stretcher Contracts the target muscle (hamstrings) against the partners' resistance, then Relaxes, the Agonist muscles (hip flexors) then Contract to bring the target muscle into a deeper stretch. Facilitated stretching is a safer method than other passive partner stretching techniques since the stretcher **actively** contracts their muscles and moves their limb through ROM. This eliminates the risk of the partner exerting too much force and moving the limb too far through ROM causing injury to the stretcher.

Other tips to stretching properly:

- Remember to continue normal breathing and never hold your breath when stretching.
- Stretching should not be painful; you should stretch until you begin to feel some resistance but no discomfort.
- Maximal effort during the isometric phase is not required, moderate contraction of the target muscle during this phase is all that's necessary. This will decrease: fatiguing the muscle, the risk of injury to both the stretcher and the partner and muscle soreness post stretching.
- You can also use this 3-step stretching technique without a partner. Just substitute your partner with a stretching strap, a doorway or exercise equipment.
- Stretching before exercise prepares the muscles to work at their optimum length making them more efficient while exercising. Make sure to always start with a warm-up; stretching will be more effective and efficient post warm-up and decreases the likelihood of injury.
- While you exercise your muscles repeatedly contract and shorten. Thus stretching after exercise is essential to bring the muscle back to their optimum length. Stretching as part of your cool down after exercising when your muscles are still warm is most effective.

*Reference: Facilitated Stretching, 3<sup>rd</sup> Edition. By: Robert E. McAtee & Jeff Charland*

## 25 Year PIN

Inspector Rick McCabe of York Regional Police recently passed his PIN for 2012. Jim Irvine and Liam Brennan of the OPP also accomplished this feat in the month of November. These three individuals are the first three to achieve their fitness PIN for 25 consecutive years. We are very proud that they support the PIN program and put fitness as a top priority in their lives.



Inspector Rick McCabe with JoAnn Rutledge-Miles receiving his 2012 fitness PIN

## Breaking Away From Sedentary

New findings from the American Institute for Cancer Research suggest that sedentary behaviour –too much sitting – is emerging as a new risk factor for cancer. In fact, it would seem the longer you sit, the higher your risk regardless of how much you weigh or how much exercise you perform. Prolonged sitting has been shown to influence key indicators of cancer risk, some of which include waist circumference, inflammation, and insulin resistance. The cancers associated with such sedentary behaviours are ovarian, endometrial, prostate, breast, and colorectal.

The average adult spends 9-10 hours a day sedentary – eating meals, commuting to work, working on the computer, watching TV, etc. Even meeting the recommended 150 minutes of moderate to vigorous exercise each week may not overcome the biological impact of a high level of sedentary behaviour. There is hope; however, as the American Institute for Cancer

Research advises that taking a break every hour of sitting can reduce the harmful metabolic effects of sedentary behaviour. In fact, even breaking for as little as one minute to stand and move around can prove effective.

### Effects on the Heart

A team of Australian and U.S. researchers analyzed the U.S. National Health and Nutrition Survey and found that of the 4,747 individuals, those people who spent the most time sitting tended to have wider girths and more risk factors for heart disease. Inversely, they discovered that those who took more breaks had, on average, lower waist circumference and C-reactive protein –an inflammatory marker that, when present puts you at an increased probability of heart disease.

### Ways to Get up and Move

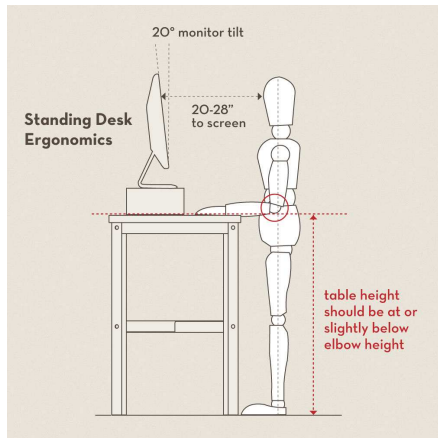
Set a timer on your phone or computer to remind you every 60 minutes to step away from your desk for a brief break.

Have something to discuss with a co-worker? Rather than sending an email, ask them to walk with you and talk about it on the go.

Stand up during phone calls. Standing keeps the enzyme lipase which is responsible for fat and cholesterol metabolism active. Along with speeding up your metabolism, standing has a funny way of shortening calls, making you a more efficient worker.

If you're at home, clean up your living area. Get up and vacuum for 30 minutes, sweep the kitchen floor, or fold your laundry standing up.

The best defence, however, against sedentary setbacks is to quit sitting altogether. Create a stand-up work environment by elevating your computer and keyboard on a box or by stacking books. You burn one more calorie each minute when standing versus sitting.



The top of the screen should be an arms length away at eye level. Your keyboard should be placed so that your arms are bent at 90 degrees. You'll find that your posture improves from standing instead of slumping in your chair.

– Cameron Shortt, candidate for B.Sc. (Hons.) Kinesiology, University of Waterloo

## Vitamin C & D in Your Diet

Often overlooked in the average Canadian's diet, vitamin C and vitamin D are very important to the body. If you have to think about whether you need more, then you most likely do. If you live a lifestyle that enjoys 8-10 servings of fruits and vegetables per day along with regular activity outside then your body should naturally meet its expectations for these nutrients. With the winter months approaching it becomes increasingly important to remain conscious about your diet and activity level. It can become easy to fall into a habit of making nutritionally poor food choices and remaining indoors for long periods of time. Over the coming months consider the roles of these nutrients in your body and whether or not your doing your part to provide them.

### What are these nutrients and what do they do for you?

Vitamin C, also commonly known as ascorbic acid, is required for the initial growth and repair of all body tissues. It's involved in many functions such as: the formation of collagen which creates the cartilage in joints, absorption of iron needed for red blood cells, the immune

system, wound healing, and the maintenance of bones, and teeth. Vitamin C is also an antioxidant that protects against damage by cancerous molecules called free radicals such as toxic chemicals and cigarette smoke. This vitamin is commonly known for its ability to boost the body's immune system.

Vitamin D is the nutrient required for the body to absorb calcium. Without this vitamin the body could not develop and repair bone tissue, teeth, and nails. The body can create a portion of the required daily vitamin D through sun exposure. When ultraviolet rays strike the skin, this starts a series of reactions causing the creation of vitamin D. Vitamin D can be absorbed into the body through the sun, dietary sources and supplement form.

### Health Benefits

A healthy diet containing vitamin C has numerous positive effects on the body. The most common effect is the strengthening of the immune system when the body is under stress. This vitamin is very sensitive under stressful conditions and is often one of the first nutrients to be depleted in smokers, alcoholics and obese individuals making its intake important. Vitamin C is not a cure for the common cold however; it has been proven that it can limit further complications such as lung infections and pneumonia. The American Journal of Clinical Nutrition found that those with the highest levels of vitamin C in their blood were 42% less likely to suffer a stroke compared to those who had low levels of vitamin C. Vitamin C has also been linked to reducing the dryness of skin and improving the aging of skin limiting the wrinkled appearance.

Similar to vitamin C, a diet with plentiful vitamin D intake can cause an increase in immune system function. This vitamin is also a requirement to fight off many of the viruses and bacteria seen throughout the winter flu season. The nervous and muscular systems benefit from adequate vitamin D intake as there is a slightly improved relay of neural messages from the brain to muscle tissue. Together with calcium, this vitamin helps protect many women and

older adults from developing osteoporosis and the risk of brittle bones.

### How much do you need?

To see optimal health results from vitamin C, one would have to have an intake of 500mg a day. This is significantly higher than the previously thought 75-100mg/day value. If you cannot consistently eat 8- 10 servings of fruits and vegetables as directed by the Canada Food Guide then a vitamin C supplement in pill form is encouraged.

Since vitamin D can be synthesized by being in sunlight, the amount of this nutrient needed in your diet is directly proportional to the amount of time you spend outside and in the sun. Vitamin D is commonly measured in International Units (IU's) versus being measured using traditional milligrams. The daily recommended value for people between the ages of 9-70 is 600IU (Health Canada 2011).

### Tips for getting these nutrients

The foods abundant in vitamin C are citrus fruits, green peppers, strawberries, tomatoes, broccoli, white potatoes, and sweet potatoes. Other good sources include dark leafy greens, cantaloupe, papaya, mango, watermelon, brussels sprouts, cauliflower, cabbage, red peppers, raspberries, blueberries, winter squash, and pineapples.

Here are eight easy ways provided by MedicineNet.com to work more fruits and veggies into your diet each day:

1. Add pureed or grated fruits and veggies to recipes for muffins, meatloaf, and soups.
2. Keep cut-up fruits and veggies on hand so they are ready for a quick snack.
3. Frozen fruit slices make a cool treat.
4. Include dark lettuce, tomatoes, and shredded broccoli slaw on all your sandwiches and wraps.
5. Eat raw veggies with hummus, low-fat dips, and salsas.
6. Add fresh or frozen berries to muffins, pancakes, cereal, and salads.

7. Throw a handful of dried fruit on top of your cereal or in a baggie with nuts for an easy snack.
8. Enjoy a glass of vegetable juice as a filling and low-calorie mid-afternoon snack

The foods richest in vitamin D are salmon, mackerel, tuna fish, orange juice, reduced fat milk, fortified yogurt and margarine, and beef liver. An easy way to meet your vitamin D demand is to get outside in the sun for 20-30 minutes each day. If the outdoors isn't possible and your diet is lacking the means to provide this nutrient, consider supplementing in pill form or having half a tablespoon of cod liver oil per day.

### Selected Food Sources of Vitamin D as per The U.S. Office of Dietary Supplements

Food	IUs per serving*	Percent DV**
Cod liver oil, 1 tablespoon	1,360	340
Salmon (sockeye), cooked, 3 ounces	447	112
Mackerel, cooked, 3 ounces	388	97
Tuna fish, canned in water, drained, 3 ounces	154	39
Orange juice fortified with vitamin D, 1 cup (check product labels, as amount of added vitamin D varies)	137	34
Milk, non-fat, reduced fat, and whole, vitamin D-fortified, 1 cup	115-124	29-31
Yogurt, fortified with 20% of the DV for vitamin D, 6 ounces (more heavily fortified yogurts provide more of the DV)	88	22
Margarine, fortified, 1 tablespoon	60	15
Liver, beef, cooked, 3.5 ounces	49	12
Sardines, canned in oil, drained, 2 sardines	46	12
Egg, 1 large (vitamin D is found in yolk)	41	10
Ready-to-eat cereal, fortified with 10% of the DV for vitamin D, 0.75-1 cup (more heavily fortified cereals might provide more of the DV)	40	10
Cheese, Swiss, 1 ounce	6	2

\* IUs = International Units.  
US National Institute of Health

– Bryan Keogh, candidate for B.Sc. (Hons.)  
Kinesiology, University of Waterloo

## **Police Physical Training Facilitator Course**

This course prepares candidates to facilitate core components of uniform Police Physical Training (PPT).

Through an internship instructional method, concurrent with the Basic Constable Training program, candidates will become skilled in educating and motivating others to pursue lifelong fitness and wellness and to successfully complete job-related physical tasks.

### **TOPICS**

- Why officers need to be fit
- Exercise planning
- Proper warm-up and cool down
- Goal setting
- Injury prevention
- Proper jogging/running technique
- Strength training
- Police specific physical training
- Interval training
- Circuit strength and endurance training
- Nutrition and policing
- Stress management
- Smoking and alcohol
- Shift work and policing
- Aquatics and policing
- Back care and policing
- Body composition
- Body mass index
- Ontario Police Fitness Award (OPFA)
- Physical Readiness Evaluation for Police (PREP)
- Fitness marketing/promotion

### **CLASS SIZE**

- 2 participants

### **PRE REQUISITES**

This course is open to all police service members assigned to or to be assigned to (full time, part time, volunteer) promoting physical training / physical fitness / wellness within the work setting.

Fitness level equivalent to successful completion of the Ontario Police Fitness Award.

### **MISCELLANEOUS**

This course is directed to candidates who:

- Have demonstrated an ability and willingness to work effectively in a diverse workforce;
- Are in good physical condition;
- Have demonstrated an ability to make sound decisions;
- Have demonstrated a desire to teach and ability to work well as part of a team;
- Have well developed organizational, oral and written skills.

### **DRESS**

Court attire or uniform and service issue uniform suitable for instruction

### **ASSESSMENT STANDARD**

Candidates must meet standards in both written assignment and practical testing.

Candidates will be assessed throughout the course with respect to their knowledge, skill, judgment and attitude, and their ability to consistently present themselves in a positive and professional manner.

### **CERTIFICATION**

Diploma and evaluation will be issued upon successful completion of course requirements.

### **EQUIPMENT REQUIREMENTS**

Complete uniform, gym attire, business attire.

### **FEES/DURATION**

No fees for members of Ontario Police Services for 60 days of training.

### **COURSE DATES/LOCATION**

**Jan 12 – April 5, 2012 - OPC**

**May 2 – July 26, 2012 - OPC**

**Sept 5 – Nov 29, 2012 - OPC**