



# PFPO

## Police Fitness Personnel of Ontario Newsletter Winter 2009

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

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### Fundraising Fall 2008 *By Lori Neufeld*



Basic Constable Recruits and staff participate at the Fun Run held at the Ontario Police College (above), while Director Rudy Gheyson drops the puck for the Recruit vs. Instructor Hockey Game.



**Over \$30,000 Donated to Charities at OPC this Fall**

*By: Lori Neufeld*

The Police College is called upon with great regularity to help with a variety of charitable causes. Each recruit intake the staff and students willingly participate and support many events and fundraising projects. This fall was no exception and in fact, turned out to be one of the largest sums of money and goods donated in a single intake. There were eight different fundraising activities held at the College, generating over \$30,000 in donations.

The first event was an “envelope stuffing party”. One evening in September, 500 people stuffed envelopes for a local printing company donating \$10 per hour per person. As a result, \$15,000 was donated to the Imperial Order of the Daughters of the Empire. The I.O.D.E. of Dorchester is a woman’s group devoted to assisting children and families around the world.

Ex-military students initiated “Project Canadian Troops in Afghanistan” by collecting books, magazines, DVD’s, food and monetary donations. The students created 20 care packages to send to the troops to let them know that we were wishing them well.

Locally, support was shown by assisting individuals and families in Aylmer and Elgin County with the annual blood donor clinic and food drive. There were literally

twelve tables overflowing with food. In tough economic times, the food drive is greatly appreciated.

The proceeds from the Tornado Fun Run in October and the Staff vs. Student Hockey game also benefited two local charities. The students enthusiastically participated in both events and helped raise \$12,650.

Lastly, a casual day assisted a young couple from Peel Regional Police Service who are caring for their baby born with four malignant tumors. Since both officers are off work, one can only imagine the emotional and financial strain it has caused.

All in all, this group of students is to be commended for approaching each fundraising activity with professionalism. We are proud of their generosity, compassion and care. As a result many people far and near will benefit from their acts of kindness. It is truly a tribute to the ideals of policing. Well done Basic Constable classes 0821-0830!!

**From the Editor’s Desk**

*By Claire Shaw, PFPO Newsletter Editor*

In our Fall 2008 newsletter I made an appeal for interested individuals to step up and get involved with promoting the Ontario Police Fitness Award by becoming certified as Police Fitness Appraisers

I am pleased to inform you that we have had a great response for this years course and that 32 students will attend

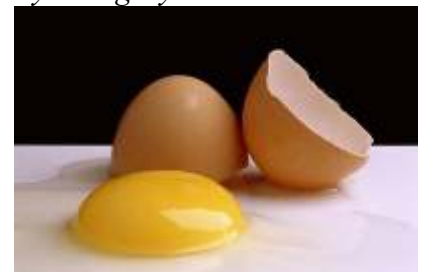
our Certified Police Fitness Appraisers being held at the Ontario Police College April 27 – May 1, 2009.

In the same newsletter we informed those already certified that Recertification Workshop would be held April 29- May 1<sup>st</sup>. I am pleased to inform you that we have also had a great response to this years workshop and that 30 students will attend the Ontario Police College, April 29 – May 1, 2009 to receive this upgrade training.

We are thrilled to have had such a great response to our courses and look forward to seeing everyone soon.

**Eggs: Do I eat the yellow, white or both?**

*By: Gregory Beres*



Nutrition recommendations have lifted the cloud over eggs and the thinking now is that an egg a day is OK.

For much of the past 40 years the public has been warned away from eggs because of the risk of heart disease. Unhealthy serum cholesterol levels have, after all, been linked to increased risk of cardiovascular disease, and eggs are relatively high in dietary cholesterol.

Increasing understanding about the causes of high LDL (bad) cholesterol

levels has helped us unscramble the difference between cholesterol in the blood and cholesterol in food. Cholesterol is made naturally in the bodies of all animals as it is necessary for the production of hormones, vitamin D and to keep cell walls healthy. The liver makes most of the cholesterol needed by the human body so you shouldn't worry about getting enough from your food.

Dietary cholesterol is found in animal foods, such as meat, fish, poultry, dairy products and eggs. While the cholesterol in food can raise your blood cholesterol levels, researchers now know that consuming too much saturated fat and trans fat generally contributes more to unhealthy serum cholesterol levels. We know that one egg has little total fat - just five grams, of which 1.5 grams is saturated and 3.5 grams is healthy unsaturated fat.

Some research has even questioned the connection between egg consumption and cardiovascular disease. A study published in the Journal of the American College of Nutrition showed that risk of cardiovascular disease in men and women did not increase with increasing egg consumption. In fact, it showed quite the opposite. From their findings of analyzing more than 27,000 subjects, they indicated that the egg consumers actually had lower serum cholesterol levels than those subjects who abstained from eggs.

The Harvard School of Public Health's research showed the dietary cholesterol in eggs does not have a negative effect on blood cholesterol levels of healthy people. This and numerous other studies have shown there is no link between eating eggs and a higher risk of heart disease or stroke for healthy adults. Some recent studies have even shown that HDL (good) cholesterol increased when people ate an egg-supplemented diet.

Given this research, most of us can eat eggs without guilt. However, about one quarter of the population need to limit their cholesterol consumption because they are sensitive to dietary cholesterol, which affects the amount of cholesterol in their blood. These people include those with high cholesterol and/or high triglyceride levels.

Guidelines not to limit egg consumption have been revisited because of the latest research, but also due to a better understanding of eggs' nutritional benefits. Eggs provide a number of heart healthy nutrients, such as folate, vitamins E and B12, omega 3 and omega 6 fatty acids, as well as antioxidants such as lutein and zeaxanthin. Eggs also contain vitamin A & D, iron, phosphorus and zinc.

Eggs also are a superb source of choline. Recent research has also found choline to be essential for proper liver, brain and nerve function, memory and transporting nutrients throughout the body. Choline works together with folic acid in many of the

pathways that involve nervous system development during pregnancy. Choline seems to prevent birth defects, and plays an important role in infant brain development. Two eggs provide about 250 milligrams of choline or roughly half the recommended daily intake for men and women (550 mg and 425 mg respectively). Choline also helps to limit heart disease. It seems to have a role in breaking down homocysteine, an amino acid in the blood that may be associated with an increased risk of heart disease. In fact, research shows that choline deficiency results in increased homocysteine levels.

If you are concerned about your blood cholesterol level, reduce the amount of saturated fat and trans fat in your diet rather than reducing your egg intake. Choose the whole egg as the yolk is loaded with carotenoids, vitamin A & D and choline.

### **Are you “Cross”fit?**

*By: Adam Phomin*

Are you the type of person that goes in to the gym day in and day out, puts in their hour to two hours of lifting or doing cardio and cruises out basically in the same state as when they entered? Feel like your workouts are becoming stagnant and you haven't really noticed any gains in your fitness level for as long as you can remember? If so, maybe it's time to stop trying inefficiently to get fit, and start getting Crossfit.

Greg Glassman, a former gymnast, created The CrossFit training methodology in the 1980s stated goal is to create "the quintessential athlete", equal parts gymnast, Olympic weightlifter and sprinter. Crossfit is not sport-specific and promotes broad and general overall physical fitness. CrossFit maintains that proficiency is required in each of 10 fitness domains: cardiovascular/respiratory endurance, stamina, strength, flexibility, power, speed, agility, balance, coordination, and accuracy. CrossFit uses free weights, kettlebells, gymnastics rings, pull-up bars and many calisthenics exercises.

The difference between a Crossfit workout and a typical weight training or cardio program is INTENSITY! The average person who works out on a regular basis does their cardio and weight training separately and, not meaning to be offensive, for the most part, redundantly. These people will choose one or two muscle groups that will be worked on any particular day and they will work those muscles with often times, too much rest in between sets. Aside from allowing too much rest time between sets there is an inherent problem with creating what we call in the fitness world "splits", meaning choosing one or two muscle groups per day. The problem with this method is that there is too much time between workouts for the same muscle group. For example if you

work your legs on Monday, then not again till the next Monday as many people do, you are only working them once a week.

The main principle that make Crossfit workouts more effective than the average person's weight workout is that Crossfit exercises recruit large amounts of muscle tissue with minimal rest between sets for a much more intense workout. Another reason why Crossfit workouts are so effective is the principle of muscle confusion. The workouts provided by Crossfit are always different and never let your muscles adapt, providing for a higher level of gains in strength, power and overall fitness. Crossfit uses exercises such as burpees, squats, pull-ups, thrusters, and many power lifting exercises, mixed in with cardiovascular exercises such as rowing, skipping, and running with little to no rest in between exercises in order to tax the body to a different level than the average workout does. Crossfit workouts range in time from 10-40 minutes and are the most intense workout "on the market" right now.

Workout ideas can be found at [www.crossfit.com](http://www.crossfit.com). Every day on the main page of the site there is a "workout of the day" that you can follow to avoid ever boring your muscles.

### **Tomato: Fruit or Vegetable?**

*By: Laura Hale*



The tomato, or

tomahto however you like to pronounce it, is botanically a fruit since it is from the ovary of the flowering plant and contains the seeds of the plant; even though it is more commonly used as a vegetable. In fact, in 1893, The Supreme Court of the United States addressed the dilemma of fruit or vegetable and declared that since the tomato is eaten in a similar way to other vegetables, for purpose of trade and exchange, the tomato would legally be considered a vegetable.

No matter what you consider a tomato to be, it is packed full of important nutrients that everyone should include in his/her diet. With low levels of sodium, 1.5 grams of fibre, about a quarter of a person's daily vitamin C requirement, a medium 4oz tomato helps the heart tick better and is only 22 calories. A tomato also has twice the amount of potassium that a small banana has, is a good source of vitamin A and B, and contains folate and lycopene. Researchers say lycopene is one of the most powerful antioxidants and has been found to help fight prostate cancer. In addition the lycopene in tomatoes have shown improvements in the skin's ability to protect against harmful UV rays.

The tomato can fortunately be used in a variety of dishes like salads, soups, juices, stews, etc. due to its noninvasive taste and texture. So go head bite into a tomato today.

**Physical Training Facilitator  
Position.**

*By: Jim Seedhouse  
York Regional Police  
Facilitator September-  
December 2008*

The Police Physical Training Facilitator Course offered by the Ontario Police College gives instructors a basis to create safe and effective programs designed to increase levels of fitness in all members and recruits. The Ontario Police College program includes all the components of fitness necessary for police officers to be able to carry out their duties. These components consist of cardiovascular endurance, stamina, strength, flexibility, power, co-ordination, agility, balance and accuracy. All of these components of fitness are directly related to combat and use of force giving officers confidence and competence when it counts. There is also a strong emphasis on training the three metabolic pathways as well as instruction on sickness, wellness and health. Once instructors have completed the course they will have a better understanding of what is required by recruits attending the Ontario Police College as well as how to implement programs designed to allow recruits to be successful in the PREP test and the Fitness Pin Award.

See following page for details about course.

## **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)
- Law Enforcement Officer Performance and Reaction Drill (LEOPARD)
- Fitness marketing/promotion
- Certified Fitness Consultant Certification (CFC)

### **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 notes**

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 standards**

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 8 – Apr 2, 2009	OPC
May 6 – Jul 30, 2009	OPC
Sep 9 – Dec 3, 2009	OPC

# POLICE FITNESS PERSONNEL OF ONTARIO (PFPO)

## CERTIFIED POLICE FITNESS APPRAISERS COURSE 2009 COURSE DESCRIPTION

**COURSE DESCRIPTION** Fitness appraisal has long been used to motivate individuals to increase their physical activity and to develop healthy lifestyles. The training that you receive on this course will result in the ability to assess the major components of fitness in apparently healthy individuals using Ontario Police Fitness Award testing.

**TOPICS**

- The importance of due diligence in screening, testing and supervision, intervention and emergency response and release of clients
- The screening and assessment protocol procedures for the Ontario Police Fitness Award and correctly score assessment results
- The major fitness principles involved in exercise testing for individuals to successfully complete the Ontario Police Fitness Award
- The importance of professional deportment while administering the Ontario Police Fitness Award.

**PRE-REQUISITES** This course is open to candidates interested in using physical fitness appraisal to promote health, fitness and wellness within their workplace. Prior training in the areas of human anatomy, human physiology, exercise physiology, wellness, fitness, health promotion, human behavior, communications and counseling is recommended.

Current CPR (valid for 1 year from the date of issue) and First Aid certification is required.

**ASSESSMENT STANDARDS** Successful completion of a practical and theoretical examination is required.

**CERTIFICATE AWARD** All candidates successfully completing the course will receive the Police Fitness Personnel of Ontario Certified Police Fitness Appraiser's Course certificate.

**DURATION** 5 days

**DRESS** Fitness apparel (golf shirt, track pants/suit)

**CLASS SIZE** 24

**FEES** Accommodation and meals will be included in the \$560.00 course registration fee.

Contact: Ms. Maigan Lepine  
Police Physical Training  
Ontario Police College  
P.O. Box 1190  
Aylmer ON N5H 2T2

Phone: 519-773-4466  
Fax: 519-773-5762  
e-mail: maigan.lepine@ontario.ca

OPC Courses	<i>Off-site/Partnership</i>	Police Service Delivered
Apr. 27 – May 1, 2009	NOT AVAILABLE	NOT AVAILABLE

# POLICE FITNESS PERSONNEL OF ONTARIO (PFPO)

## CERTIFIED POLICE FITNESS APPRAISERS

(formerly Certified Fitness Consultants)

### RECERTIFICATION WORKSHOP

#### WORKSHOP DESCRIPTION

**WORKSHOP DESCRIPTION**

Individuals certified by the PFPO as Certified Police Fitness Appraisers (formerly Certified Fitness Consultants) that perform Ontario Police Fitness Award testing are required to attend this recertification / upgrade training every two years.

**TOPICS**

The topics covered will include updated information on:

- The importance of due diligence when screening, testing, supervising, intervening, initiating emergency response and releasing clients
- The screening and assessment protocol procedures for the Ontario Police Fitness Award and correctly scoring assessment results
- The major fitness principles involved in exercise testing for individuals to successfully complete the Ontario Police Fitness Award
- The importance of professional deportment while administering the Ontario Police Fitness Award.

**PRE-REQUISITES**

Individuals attending this workshop have been previously trained as Certified Police Fitness Appraisers or Certified Fitness Consultants.

Individuals so certified have often had prior training in the areas of human anatomy, human physiology, exercise physiology, wellness, fitness, health promotion, human behavior, communications and counseling.

Current CPR (valid for 1 year from the date of issue) is required.

**ASSESSMENT STANDARDS**

Successful completion of a practical and theoretical examination is required.

**CERTIFICATE AWARD**

All candidates successfully completing the workshop will have their Police Fitness Personnel of Ontario Certified Police Fitness Appraiser's Course certificate renewed.

**DURATION**

2 days

**DRESS**

Fitness apparel (golf shirt, track pants/suit)

**CLASS SIZE**

40

**FEES**

Accommodation and meals will be included in the \$180.00 workshop registration fee.

Contact: Ms. Maigan Lepine  
 Police Physical Training  
 Ontario Police College  
 P.O. Box 1190  
 Aylmer ON N5H 2T2  
 Phone: 519-773-4466  
 Fax: 519-773-5762  
 e-mail: maigan.lepine@ontario.ca

OPC Courses	<i>Off-site/Partnership</i>	Police Service Delivered
April 30 – May 1, 2009	NOT AVAILABLE	NOT AVAILABLE

**POLICE FITNESS PERSONNEL OF ONTARIO (PFPO)  
2009 Certified Police Fitness Appraisers Course  
at the Ontario Police College  
April 27 – May 1, 2009**

**REGISTRATION FORM**

*(Please Print):*

Last Name: \_\_\_\_\_

First Name: \_\_\_\_\_

Service/Agency: \_\_\_\_\_

Service/Agency Address \_\_\_\_\_

Phone Number \_\_\_\_\_

Rank/Title: \_\_\_\_\_

Sex: \_\_\_\_\_ Ontario Health Card #: \_\_\_\_\_

E-mail Address \_\_\_\_\_

Special Medical Considerations: \_\_\_\_\_

**To Register:** Complete the registration form and forward it to:

Ms. Maigan Lepine  
Police Physical Training  
Ontario Police College  
P.O. Box 1190  
10716 Hacienda Road  
Aylmer, ON N5H 2T2  
519-773-5762 (Fax)  
519-773-4466 (Telephone)  
[maigan.lepine@ontario.ca](mailto:maigan.lepine@ontario.ca) (e-mail)

**Registration Deadline: April 13, 2009**

**Course Costs:** \$560.00 includes course materials, room and board at the Ontario Police College, one year membership to the PFPO and certification from the Police Fitness Personnel of Ontario as a Certified Police Fitness Appraiser for 2008 (Renewal required January 2009).

The \$560.00 cheque, made payable to the PFPO, can be forwarded to Ms. Maigan Lepine in advance, **or** it will be collected from class members on April 27, 2009.

**NOTE: Please maintain a copy of this registration form for your own records.**

