



Fit Blue Line



November: We Give Thanks for Our Health

Policing Is A Sedentary Job?

When asked “Why be a Police Officer?” officers and recruits the typical response is some form of “it’s an active job, it’s not a desk job, I am taking care of my community, I want to make a difference.” Good for you wanting to make a difference and protect citizens of the County . NOT SO for expecting to be physically active throughout the day with general police duties. And a desk assignment is much worse!



Officers sit in their “mobile office” hours at a stretch; increasingly so for those on evenings and midnight shifts. According to a study by the University of Iowa and published in the Journal of Occupational and Environmental Medicine the average level of activity by police officers is equivalent to “ironing, holding a baby or washing dishes.” The demands of police work may be compared to sitting or standing all day. Results also indicated that officers were more physically active off duty than on duty. Seems to be pretty accurate, hmmm?

AND then there are those sudden, intense, explosive moments of chasing down a suspect, getting a call to respond all out and what happens to the body? Sudden increase in heart rate, blood pressure skyrockets, large demands upon the muscles in the legs, arms and back to react with strength, endurance and agility. In a sedentary person these responses may result in pulled muscles, hyperventilation, very slow heart rate recovery to normal, dizziness and poor decision-making processes.



Instead of making this a 10-page (minimum) lecture on police health and fitness, the bottom line is that as one who values their longevity and quality of life, get moving! If your resting heart rate (just before you jump out of bed in the morning) is more than 65 beats per minute – **get moving!** If you jog to a scene or after a suspect and have to put your hands on your knees to recover – **get moving!** If you are unable to support a fellow officer because you have no breath left – **get moving!** If you even think you are unable to respond to a scene because you will not be able to do the task – **get moving!** You owe it to yourself, your loved ones and your fellow officers.

Step Trackers/Pedometers



Humans are meant to be in motion. Muscles “scream” when we are inactive, we get antsy, skin looks bad

from poor blood flow, the digestion gets backed up from poor muscle tone, we don’t sleep well, we are a wreck.

The simplest activity with the least amount of financial cost is: **WALKING! 10,000 steps a day: Can you do it? Of course you can!**

And you don’t need any expensive toys, cell phones have built in step trackers or there are free apps available.

SMARTPHONE STEP TRACKERS

iPhone Step Tracker is built into the Apple’s Health app. Go to the “Health Data” link at the bottom and select “All” then scroll down and select “Steps”. The number of steps taken daily will reflect on the dashboard link. It constantly updates.

“Runtastic Pedometer” and “Accupedo” are samples of two free apps and usable on all smartphones.



WEARABLE STEP TRACKERS



These can double as a watch, be put in a pocket or attached to clothing. Check Groupon and other sites for less expensive, non-brand-name trackers.

So there you have it: free apps and inexpensive step trackers. Set your sights for 10,000 steps a day!! **Get moving!!**



Dark Chocolate Is A Health Food!!!

Flavonoids are antioxidants found in many fruits and vegetables, **AND in chocolate!!!!**

According to the Cleveland Clinic, cocoa beans are rich in flavonoids. Flavonoids help to lower blood pressure, improve blood flow, and make blood easier to clot. Flavonoids have also



been recommended for healthy skin and complexion.

A study presented at the 45th Society for Neuroscience meeting in Chicago reinforced

the science of cocoa benefits with cognitive function and memory.

Cocoa powder contains the highest amount of flavonoids compared to other dark chocolate. Look for 70% cocoa beans as the source of the cocoa powder. Sprinkle the cocoa powder on various foods—such as breakfast oatmeal!

Dark chocolate has a higher amount of flavonoids in comparison to milk chocolate.



The recommended weekly consumption is 1 ounce 3 times / week. This would be 1 regular size chocolate bar (1.5 oz.) or 6 -7 chocolate pieces (Hershey kiss size) / week.



Wellness Clinic Schedule

M/W/F 0630-1430

T/Th 0800-1600

For more info check BlueNet under “Calendars” then “Athletic Training”. Nancy Burke, ATC; 703-449-7241

