



Fit for Duty, 3E

Robert Hoffman, Thomas Collingwood

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Enhanced e-book offers an integrated approach to officer physical fitness and readiness Improve officer fitness with over 40 protocols and exercise techniques demonstrated in integrated online video.

With an integrated text and video combination, Fit for Duty, Third Edition (Enhanced Version), provides 40 online videos of exercise techniques and testing protocols alongside practical information on creating and implementing physical fitness and wellness programs to help law enforcement officers fulfill their demanding job requirements. The integrated videos explain and demonstrate the proper techniques for these tests and exercises showing officers of all fitness levels how to properly perform the recommended activities and gain the most benefit from the workouts.

Now fully updated with current statistics, anecdotes, and research from agencies across North America, Fit for Duty, Third Edition, contains the following:

- Expanded content on physical readiness that provides guidelines and helps readers understand how their fitness affects their ability to perform
- A new chapter on nontraditional training that provides instruction on incorporating stability and medicine ball exercises, circuit training, plyometrics, Pilates, and yoga into exercise routines
- Reproducible checklists and forms that make instruction easy and allow officers to incorporate fitness into daily routines
- Teaching materials for instructors, including an instructor guide and image bank that contains all the forms, figures, tables, and technique photos from the book

The text is divided into four progressive sections. It starts with big-picture information on fitness assessment, beginning with the general fitness levels of the entire nation and then focusing on how fit law enforcement officers compare to the general population. Part II explains the importance of physical fitness and how to train in each of those specific areas to increase cardiorespiratory endurance, muscular strength and endurance, explosive strength, flexibility, agility, speed, and anaerobic power. Part III focuses on lifestyle components of fitness, including diet and nutrition, weight management, stress management, smoking cessation, and the prevention of substance abuse. Part IV ties together all information from the previous sections into achievable plans and goals. It also explains how to avoid common hurdles and pitfalls of adopting lifestyle changes so that officers will have positive results.

With this enhanced e-book and integrated video, law enforcement instructors and administrators can establish complete and customized fitness programs that prepare current and future officers in every branch of service. Individual officers will receive the tools they need to improve their fitness levels, which will help them in many situations they might encounter.

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Maria Tate:

Reading can called head hangout, why? Because when you are reading a book especially book entitled Fit for Duty, 3E your head will drift away trough every dimension, wandering in each aspect that maybe unidentified for but surely will end up your mind friends. Imaging each word written in a publication then become one form conclusion and explanation that maybe you never get before. The Fit for Duty, 3E giving you an additional experience more than blown away your brain but also giving you useful data for your better life on this era. So now let us present to you the relaxing pattern this is your body and mind are going to be pleased when you are finished looking at it, like winning a game. Do you want to try this extraordinary wasting spare time activity?

Carolyn Bailey:

In this time globalization it is important to someone to get information. The information will make professionals understand the condition of the world. The health of the world makes the information simpler to share. You can find a lot of sources to get information example: internet, magazine, book, and soon. You can view that now, a lot of publisher that print many kinds of book. The actual book that recommended to your account is Fit for Duty, 3E this guide consist a lot of the information with the condition of this world now. This kind of book was represented how do the world has grown up. The vocabulary styles that writer use to explain it is easy to understand. The actual writer made some investigation when he makes this book. Honestly, that is why this book acceptable all of you.

Betty Brown:

Many people spending their moment by playing outside along with friends, fun activity having family or just watching TV 24 hours a day. You can have new activity to spend your whole day by examining a book. Ugh, think reading a book can definitely hard because you have to use the book everywhere? It okay you can have the e-book, delivering everywhere you want in your Touch screen phone. Like Fit for Duty, 3E which is keeping the e-book version. So , why not try out this book? Let's notice.

Barbara Kyle:

What is your hobby? Have you heard which question when you got students? We believe that that issue was given by teacher to the students. Many kinds of hobby, Every individual has different hobby. So you know that little person just like reading or as examining become their hobby. You should know that reading is very important along with book as to be the issue. Book is important thing to add you knowledge, except your own personal teacher or lecturer. You discover good news or update about something by book. A substantial number of sorts of books that can you go onto be your object. One of them is niagra Fit for Duty, 3E.

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