

# STRENGTH MATTERS FOR LAW ENFORCEMENT



Law enforcement professionals across the globe face physical, mental, and psychological stressors as they perform their tasks. Increasingly, they are turning to strength and conditioning to address rising health care costs, readiness, resilience, and retention needs.

## Consider the Evidence-based Benefits of Strength & Conditioning



[NSCA.com/Tactical](https://www.nscacom.com/Tactical)

**“Officers stand to profit from an improved ability to perform job functions, reduced stress, and better physical and psychological preparation. Agencies stand to benefit in terms of efficiency as well as fiscally. Officers are less likely to be injured or retire on disability, thus reducing the costs of disability payments and the hiring and training of new employees.”** Smith and Tooker, *Health and Fitness in Law Enforcement*

# NSCA Tactical Strength and Conditioning Solutions

## 1 Gold-Standard Strength and Conditioning Certifications

CSCS® - Certified Strength and Conditioning Specialist®

TSAC-F® - Tactical Strength and Conditioning Facilitator®

## 2 Strength and Conditioning Research Journals

The Journal of Strength and Conditioning Research

The Strength and Conditioning Journal

The TSAC Report

## 3 Training for Tactical Strength and Conditioning Professionals

NSCA Tactical Annual Training

Tactical Strength and Conditioning Facilitator Course

### 1<sup>1</sup>Mental Stress & Cognitive Issues

*"In law enforcement populations, job-related stress is related to negative outcomes in physical, emotional, and mental well-being. Exercise and physical activity have been shown to reduce stress levels and improve physical performance in job-related tasks"*

Quigley, "Fit for Duty? The Need for Physical Fitness Programs for Law Enforcement Officers."

### 2<sup>2</sup>Cardiac Conditions

*"Unfit and inactive law enforcement officers have a chance of suffering a heart attack 2.2 times greater than those officers who participate in a physical fitness program. If an officer has a second risk factor, such as smoking, high blood pressure, or high cholesterol, the increased risk rises to 6.6 times."*

Anthony J. Pinizzotto and Edward F. Davis, "Offender's Perceptual Shorthand: What Messages Are Law Enforcement Officers Sending to Offenders?" FBI Law Enforcement Bulletin 68, no. 6 (June 1999).

*"The risk of having a heart attack doubles with each decade of law enforcement service."*

Anthony J. Pinizzotto, Edward F. Davis, and Charles E. Miller III, "In the Line of Fire" (Washington, D.C.: U.S. Department of Justice, Federal Bureau of Investigation, 1997).

### 3<sup>3</sup>Musculoskeletal Injuries

*"Studies have shown repeatedly that physical fitness has a direct impact on reducing injuries and improving personal well-being as well as work performance."*

Quigley, "Fit for Duty? The Need for Physical Fitness Programs for Law Enforcement Officers."

### 4<sup>4</sup>Injuries Resulting from Weight Gain

*"Law enforcement officers are less fit in most areas than more than half of all U.S. citizens despite the fact that the physical demands of their profession require that they be more fit than the average person."*

Collingwood, "Why Officers Need to Be Fit."

### 5<sup>5</sup>Increased Injury Risk with the Least Fit

*"The least fit officers account for 80 percent of workplace accidents and compensable injuries. The average cost to a law enforcement agency for an in-service heart attack is between \$400k - \$700k. Heart disease and back problems account for 35 - 85 percent of all early retirements, and lack of physical activity is a major contributor to both conditions. One study tabs the cost of early disability at 165 percent of an officer's salary."*

Smith and Tooker, "Health and Fitness in Law Enforcement," 28; Quigley, "Fit for Duty? The Need for Physical Fitness Programs for Law Enforcement Officers."

### 6<sup>6</sup>Strength Training Improves Cognitive Performance

*"Fitness and health programs are believed to increase employee loyalty, improve morale, and decrease turnover. More importantly, employees benefit from improved quality of life and health while reducing employee related accidents, injuries, and illnesses, thus reducing operating costs."*

Quigley, "Fit for Duty? The Need for Physical Fitness Programs for Law Enforcement Officers."

### 7<sup>7</sup>Strength Training Enhances Aerobic Resilience

*"Cardiovascular endurance, anaerobic power, muscular strength, muscular endurance, flexibility, and body composition are all underlying factors in successful job performance."*

Collingwood, "Why Officers Need to Be Fit."

### 8<sup>8</sup>Strength Training Decreases Lower Back Injury Risk

*"Being physically fit translates into fewer sick days, disabilities, and injuries—thereby reducing health-care costs."*

Quigley, "Fit for Duty? The Need for Physical Fitness Programs for Law Enforcement Officers."

### 9<sup>9</sup>Strength Training Improves Body Composition

*"Officers that are more fit and active have 40-70 percent less absenteeism than less-fit officers."*

Smith and Tooker, "Health and Fitness in Law Enforcement."

### 10<sup>10</sup>Strength Training Reduces Musculoskeletal Injuries

*"Proper strength and conditioning training has been reported to lead to 25 percent increase in productivity through a variety of factors: reduced absenteeism, reduced turnover rate, reduced accidents, and reduced worker's compensation claims. Research has shown that for every one dollar invested into fitness and wellness programs, the return ranges from two to five dollars."*

G. Gregory Tooker and David D. Cashwell, "Revisiting the Fitness and Health in Law Enforcement Model Program," CALEA Update, no. 96 (February 2008): 23.

**NSCA**  
**TACTICAL**

Since 2005, the National Strength and Conditioning Association has partnered closely with tactical professionals to develop strength and conditioning solutions to increase performance and reduce injury among law enforcement personnel.  
**We look forward to working with you.**

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