EMPLOYEE WELLNESS

STEARNS COUNTY SHERIFF'S OFFICE

TRAIN FOR THE JOB

The job is different.

WORDS TO TRAIN BY

"You can never train too hard for a job that can kill you."

"Be more physically fit than the suspect. That's what keeps you alive."

8 IN 10

officers in one study were overweight or obese by BMI. (BMI can overcount muscular builds.)

40%

of officers surveyed in 2025 were assaulted on duty in the past year.

TOP TIER

Police have one of the highest on-the-job injury rates of any U.S. occupation.

Fitness is a safety tool. Fitter officers get injured less, recover faster and have more options to control a situation. Low fitness is linked to more injuries and can leave fewer choices besides force.

BUILD A FITNESS CULTURE

01 Make the gym a **positive, enjoyable** experience.

02 Set the training goal, then use **ability-based training**.

03 Take the **"county fair" approach**: something for everyone.

04 **Celebrate the victories.**

THE BIGGER PICTURE

- **1 in 5** U.S. kids and teens has obesity, a record high.
- For the first time, more school-age kids worldwide have obesity than are underweight.
- U.S. adults spend **6+ hours a day** on screens.
- Only **about a dozen states** require recess in schools.

STRONGER OFFICERS MAKE SAFER COMMUNITIES.

Sources: Officer body-composition study, CDC Stacks (80% overweight/obese by BMI); Police1 "What Cops Want" survey 2025; U.S. Bureau of Labor Statistics injury data; CDC/NCHS NHANES 2021–2023 (21.1% of ages 2–19); UNICEF Child Nutrition Report 2025; DataReportal 2025; Johns Hopkins Bloomberg American Health Initiative 2025 (12 states + D.C. mandate recess). Fact-checked October 2026.

FOR MORE FITNESS GUIDANCE, CONTACT

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