



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 are 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.