

POLICEONE.COM

[Login](#)
[My Profile](#)

[REGISTER](#)
[HELP](#)
[EMAIL](#)

[NEWS](#)
[PRODUCTS](#)
[COMMUNITY](#)
[CAREER](#)
[TRAINING](#)

[OFFICER SAFETY](#)
[GRANTS](#)
[CALIBREPRESS](#)

Health - Physical and Mental Fitness



[Health - Physical and Mental Fitness](#)

Sponsors



[Redman](#)

Health - Physical and Mental Fitness Resources

- [7th Annual 911 Fitness Challenge](#)
- [Central Florida Police Stress Unit, Inc.](#)
- [Heavy Badge](#)
- [Law Enforcement Wellness Association, Inc.](#)
- [National Police Support Network, Inc.](#)
- [Police-Stress](#)
- [Tears Of A Cop](#)
- [Wellness Issues Forum](#)
- [What is Bipolar disorder?](#)
- [Wounded Warrior Disabled Sports Project](#)

[More Links](#)
[Submit A Listing](#)

Health - Physical and Mental Fitness Products

Related Product Categories:

- [Fitness](#)
- [Tactical Medical](#)

Featured Product:



[Tactical Athlete Pull-Up System](#)

All Health - Physical and Mental Fitness Articles

- [SFPD officer in coma after fall - 02/07/2008](#)
- [On-scene response to crime and accident victims: A practical guide - 01/30/2008](#)
- [Veteran Tenn. gang officer found dead - 01/26/2008](#)
- [Milwaukee department confronts police suicide - 01/22/2008](#)
- [Fla. deputy suffers fatal heart attack on duty - 01/21/2008](#)
- [500-pound NYPD officer loses pension bid - 01/17/2008](#)
- [Intuition on the street, Part 2: Rationalizing the irrational - 01/15/2008](#)
- [Undercover operations, Part II: Termination, reintegration and post-deployment syndromes - 01/09/2008](#)
- [PoliceOne Exclusive: An officer's first-hand look at the Omaha mall shooting - 01/04/2008](#)
- [Police officers and domestic violence: Two stories - 12/26/2007](#)
- [Peer support helps Calif. responders - 12/19/2007](#)
- [Final Word: Mandatory Fitness Standards for In-Service Officers - 12/17/2007](#)
- [Intuition on the street: Harnessing the power of the sixth sense - 12/13/2007](#)
- [Winning Over Injury - A Tactically Oriented Approach to Treating Injured Officers - 12/10/2007](#)
- [Mass violence: Why do they do it? What can we do about it? - 12/10/2007](#)
- [One agency's innovation for easing shift fatigue - 12/07/2007](#)
- [Command leadership under fire: What makes the "right stuff"? - 12/05/2007](#)
- [Working graveyard shift found to have 'probable' link to cancer - 11/30/2007](#)
- [Neb. officer claims weight led to firing - 11/29/2007](#)
- [Recent medical studies hail the safe use of conducted energy weapons - 11/22/2007](#)
- [Part II: Military and police psychology: Mutual influences and contributions - 11/14/2007](#)
- [Ruling expected in disputed 12-hour officer shifts - 11/12/2007](#)
- [Part I: Military and police psychology: Mutual influences and contributions - 11/12/2007](#)
- [Utah police detox at clinic for exposure to meth - 11/08/2007](#)
- [Mental toughness for law enforcement - 10/31/2007](#)
- [Why did I walk away? Coping with survivor's guilt - 10/09/2007](#)
- [Avoiding law enforcement's emotional landmines - 09/21/2007](#)
- [Police and sleep problems: Are you a 40-percenter? - 09/19/2007](#)
- [Does your agency suffer from Groupthink? - 09/12/2007](#)
- [Deception detection: It's all in the attitude - 09/10/2007](#)
- [McDonald's cook jailed after Ga. officer gets sick - 09/10/2007](#)
- [Ground Zero crews show signs of stress disorder - 09/07/2007](#)
- [Domestic violence in police families: Causes, effects & intervention strategies - 08/31/2007](#)
- [Fitness training for law enforcement - 08/26/2007](#)
- [Fitness training for law enforcement - 08/23/2007](#)
- [Former Fla officer finds bliss in martial arts - 08/14/2007](#)
- [Surviving your relationships - 08/14/2007](#)
- [N.J. deputy mayor challenges officers to 5K race - 08/13/2007](#)
- [Calif. officers' overtime pay comes with a cost - 08/09/2007](#)
- [Police officers and cardiovascular disease - 08/06/2007](#)
- [West Virginia helping troopers deal with stress - 08/02/2007](#)
- [Further aspects of the survival mindset - 08/01/2007](#)
- [Using functional fitness to enhance your shooting skills - 07/31/2007](#)
- [Cop Years: We're older than we think - 07/31/2007](#)
- [Beat the retirement blues: What to expect when leaving LE - 07/30/2007](#)
- [Former AHL ice hockey player joins Boston's finest - 07/30/2007](#)
- [Maintaining your winning mindset - 07/29/2007](#)
- [For police, suicides all too common - 07/25/2007](#)
- [How to pass your pre-employment psych screening without going nuts - 07/16/2007](#)
- [A long way home: a Chicago officer recovers from a car crash - 07/15/2007](#)

[Sleep disorders troubling many Ohio officers - 07/05/2007](#)

[N.H. officers need help getting past shooting - 07/03/2007](#)

["Officer stress detection" reviewed by Fla. agency heads - 07/02/2007](#)

[Do away with the "anyways" - 06/20/2007](#)

[The worst possible news: Death notification and body identification for law enforcement officers - 06/15/2007](#)

[Watch what you eat ... literally - 06/08/2007](#)

[Ohio officer kills girlfriend, then himself - 06/03/2007](#)

[Colo. officer haunted by near-save - 05/16/2007](#)

[Police officer suicide: Recognizing the signs and helping our colleagues in distress - 05/16/2007](#)

[You snooze, you lose? Actually, the opposite may be true - 04/23/2007](#)

[Minn. officer whose heart stopped during fight goes back to work - 03/21/2007](#)

PoliceOne Exclusive: [A sergeant's worst nightmare...and the healing bond of the "blue family" - 03/16/2007](#)

[Officer stages stabbing; was facing fitness test - 02/10/2007](#)

The Ultimate Sacrifice: [Coping with line-of-duty death in law enforcement - 01/17/2007](#)

[Fla. prison chief wants fitter officers - 01/07/2007](#)

[How to enhance and maintain balance - 12/20/2006](#)

[W.Va. man sheds 125 pounds to become deputy - 12/20/2006](#)

Are "readiness" tests a better cure than "fitness" tests for LEOs' poor conditioning? - 11/20/2006

P-1 Members sound off: [Was fitness-promoting Chief out of line? - 11/06/2006](#)

[Was a Chief out of line for telling his officers to get fit? - 11/01/2006](#)

[Police chief resigns after sending "Jelly Belly" e-mail to employees - 10/26/2006](#)

[Training Officer Adam & Officer Eve: Physical performance training based on gender - 10/13/2006](#)

[Sex, lies & police work - 10/10/2006](#)

[Does being angry put you at higher risk for getting injured? - 09/24/2006](#)

[Brutal Brass - 09/18/2006](#)

There are victims still among us: [The emotional toll of 9/11 five years later - 09/11/2006](#)

[Dad of detective who died after breathing WTC dust wants focus shifted to health of survivors - 09/08/2006](#)

Practical Police Psychology: [Intimacy & family time - 09/08/2006](#)

Critical incidents: [Myths and realities - 08/15/2006](#)

[Stress management: The good, the bad and the healthy - 08/07/2006](#)

[The 11 components of proper police fitness - 08/04/2006](#)

[Health troubles persist for 9/11 rescue workers - 06/26/2006](#)

[Top challenges for deadly force trainers - 06/21/2006](#)

[Police Officer Suicide: Frequency and officer profiles - 06/20/2006](#)

The Psychological Fitness-for-Duty Examination: [What every police officer should know - 06/12/2006](#)

The Law of Exercise Specificity: [Is your workout really going to help you in the field? - 06/05/2006](#)

[Trooper tells story of depression, and how he escaped it - 03/10/2006](#)

[Hurricane Katrina emergency crews leaving their cruise ship homes - 03/01/2006](#)

[Should troubled officers take antidepressant medication? - 02/22/2006](#)

[U.S. emergency agency will sponsor housing for New Orleans police - 02/20/2006](#)

[S.C. officer, 29, has heart attack chasing suspect - 01/27/2006](#)

PoliceOne special report: [Depressed cops on meds: No cause to be ashamed - 01/04/2006](#)

[Police officer suicide prevention - 01/04/2006](#)

[Functional fitness and tactical training - 12/21/2005](#)

[District struggles to come to terms with officer's suicide - 12/19/2005](#)

[Copline: A way to help your community - 12/16/2005](#)

[Conn. chief speaks out about cop murder/suicide - 12/12/2005](#)

[Chaplain's Corner, December 2005 - 12/12/2005](#)

[Training like the pros - 11/09/2005](#)

[Ask the chaplain in the new "Chaplain's Corner" - 11/02/2005](#)

[The effect of training on the effects of stress - 10/31/2005](#)

[New Orleans police struggling professionally, personally - 10/28/2005](#)

[Secrets for running - 10/25/2005](#)

[Facing your every day anxieties as an officer - 10/24/2005](#)

["Tangential trauma" & the Katrina Crisis - 09/07/2005](#)

[Disaster strikes psyches of victims, rescuers and a transfixed nation - 09/06/2005](#)

[Chaos of Katrina drives police officer to suicide - 09/06/2005](#)

[Test: What makes a good cop? - 07/22/2005](#)

[Guatemalan police chief takes aim at overweight officers - 06/27/2005](#)

- [Busy life training schedule](#) - 06/04/2005
- [High Stress, Low Glamor: Correctional Officers Struggle with Workplace Strains](#) - 05/08/2005
- [Maintaining the fitness bug](#) - 04/25/2005
- [Tactical Tip: Keeping an emotional balance](#) - 04/18/2005
- [Interrogating the psychopath \(Part 1\)](#) - 03/15/2005
- [Optimism and your health](#) - 03/13/2005
- [The green eyed monster: Are you or your partner jealous?](#) - 03/09/2004
- [Angry People: How to cope with them \(and smile\)](#) - 02/17/2004
- [My thoughts create my anger?](#) - 02/15/2004
- [Cardiac arrest deadlier at night](#) - 11/18/2003
- [Police Find Suicide Their No. 1 Killer; Cops Learn to Spot Depressed Officers](#) - 01/08/2002

[Back to previous page](#)

[About Us](#) [Company News](#) [Advertise](#) [Site Map](#) [Contact Us](#) [Customer Support](#)
[User Agreement](#) [Privacy Policy](#) [Security Information](#)

© Copyright 2008 - PoliceOne.com

