

# BANNER P R E S S

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## EMERGENCY FITNESS

### Police officers train to help their peers develop health, strength

By John F. Neville  
Staff Writer

A siren split the mid-morning calm of the industrial park as, one after another, off-duty officers jumped from a squad car and sprinted toward a training building about 70 yards away.

They raced up a staircase to the third floor and dragged a 175-pound dummy representing a wounded officer to safety.

At the end of the survival-training exercise, an EMT took the officers' heart rate and blood pressure readings. The high rates surprised

some.

The less than minute-long ordeal was part of three-day fitness certification course for police officers designed and taught by a Miami police sergeant. Jim Sayih started his private consulting company, Fitness 911, after noticing some of his colleagues were woefully out of shape and overweight.

"It's not like it is in the movies. Most bad guys out there are in really great shape," Sayih said. "They know they've got a good chance of escaping a crime scene."

He had no trouble filling up seats in the Germantown police annex building the last week in June, when officers from area departments attended the three-day seminar, which included the mock rescue near a fire station. They trained to become fitness instructors who could take their knowledge back to their won departments to help their peers get in shape.

Officers from the Oak Creek, New Berlin, Hartford, Germantown, Menomonee Falls, Wauwatosa, Watertown and Green Bay police

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COMMUNITY NEWSPAPERS PHOTOS BY RON KUENSLER

Germantown Sgt. Bruce Gardner dashes out of a squad car during a mock rescue activity designed to gauge officers' physical fitness levels. The exercise involved running up three flights of stairs and moving a 175-pound mannequin to a safe location. Police officers and dispatchers from several law enforcement agencies took part in the drill, part of their training to become fitness coordinators for their home departments.



COMMUNITY NEWSPAPERS PHOTOS BY RON KUENSLER

Miami police Sgt. Jim Sayih, director of 911 Fitness, explains the importance of physical fitness to law enforcement officers during a training session in Germantown.

## Fitness

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departments and the Washington County Sheriff's Department participated.

cardio and eating habits."

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