To: Law Enforcement Decision Makers  
  
From: Dr. Dave Bever  
      Founder and Director  
      LawFit/FireFit, LLC  
  
    In its 36 years of existence, the LawFit Program has provided health and fitness education and training to more than 10,000 law enforcement personnel.   LawFit was designed to increase the cardiorespiratory efficiency, muscular strength, muscular endurance, lean body mass, and flexibility of officers. Personnel from participating departments completed an initial battery of tests to measure their levels of fitness. These tests included:  
  
One repetition-maximum bench press  
1 minute timed sit-up test  
Sit & reach flexibility test  
Push-ups  
Pull-ups and/or a weighted pulldown test  
1.5 mile run  
Resting heart rate  
Body fat estimation  
Blood pressure  
  
The tests were selected, since they have been found to be good predictors of the five major areas of fitness (aerobic capacity, muscular strength, muscular endurance, flexibility, and body composition).  In 2000, data from a statewide job task analysis was used to develop the Virginia Law Enforcement Work Performance Test, a 154 yard suspect pursuit course utilized in pre-hire screening as well as post academy testing.  
  
With the assistance of the Virginia Department of Criminal Justice Services, a three-day Fitness Leadership Workshop was implemented so that Police and Sheriff’s Departments would have their own officers as trainers. Since the inception of LawFit® there has been a highly significant increase in the levels of fitness of officers who have participated. With this increase in fitness there has been a reduction in lost-worktime injuries and workers’ compensation claims. Additionally, participating departments have noted that officers who have been injured in the line of duty have recovered more quickly than those not participating in the program.  
  
In 2025 we have been able to modify and streamline our LawFit Workshop Curriculum into a two-day event, thus saving agencies significant sums of money and manpower hours.  
Attached is the new Workshop Outline. After reviewing this document, give us a call, or email [**dbever@lawfit.org**](mailto:dbever@lawfit.org) to schedule a training date for your organization.  
  
We are LawFit!  
  
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