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** to schedule a training date for your organization.

We are LawFit!

Dr. Dave Bever

Dr. David L. Bever
Founder and Director
LawFit / FireFit, LLC
3408 Park Hill Place
Fairfax, VA 22030-2027
Ph:  703-424-6154
Email:  **dbever@lawfit.org**
[**www.lawfit.org**](http://www.lawfit.org/)