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LAPD Report on the Ramparts Division----- Accessible at
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911 Report

ARTICLE

"Improving the Health of Law Enforcement Officers: A Wellness Approach" by Denise Howard and Andy Prater. Published in *The Police Chief* (April 2000): pp. 167-72.

VIDEO

Developing Total Fitness Programs for Law Enforcement Agencies. Monterey, CA: Healthy Learning, 2000. Call Number: HV 7930.H4D5 2000 A-V

Note: VHS Tape, 32 min.



BOOKS *(These items have no reference information found via the library.)*

More Than Muscle: A Total Fitness Program for Corrections and Law Enforcement.
American Correctional Association Staff [eds.]

Abstract: This fitness program was developed for both correctional and law enforcement personnel to follow and use as a self-help remedy for many of our "self-inflicted" problems. It can be used by both men and women of all ages.

Psychology of Physical Activity by Stuart J.H. Biddle and Nanette Mutrie

Abstract: Provides an essential resource for anyone wanting to understand the key psychological principles behind physical activity and the steps to a more active and healthier lifestyle.

Fit for Duty: Peace Officer's Guide to Total Fitness by Robert Hoffman and Thomas R. Collingwood

Abstract: Fit for Duty addresses fitness from a peace officer's point of view, preparing you for the physical challenges you can expect to encounter in your unique work environment. Whether you're already fit for duty or just an exercise rookie, this book will help you meet your specific fitness goals.

Live 10 Healthy Years Longer by Jan W. Kuzma and Cecil Murphy

Abstract: Casts a revolutionary vision of what a healthy lifestyle for the next century looks like; physically, mentally, and spiritually. It's a balanced, practical, and do-able approach to sane and joyful living.

Protect Your Life! A Health Handbook for Law Enforcement Professionals by Davidson C. Umeh, editor.

Abstract: Contains carefully selected essays which expand the understanding of how job stress, poor nutrition and environmental variables in law enforcement may cause ill health. Awareness of these problems should motivate officers to seek new solutions both at the institutional level and personal level.