



20 Imperative Laws of Officer Wellness & Well-being

20 hrs. Virtual Course
March 1, 8, 15 & 22, 2021 (4 hrs. Each) plus 4 Hrs. on-line

REGISTER: <https://commandacademy.org/product/20-wwlaws/>

WELLBEING | NUTRITION | FITNESS | OVERALL HEALTH



Did you know:

- that most first responders become insulin resistant leading to detrimental health effects?
- most first responders have increased inflammation that leads to heart attacks and strokes due to the daily stressors?
- that most first responders try to resist stress while holding onto harmful chemicals instead of flushing the stress out of their system?
- we all have saboteurs that keep us from maximizing our success?
- there are viable tools to combat each of these issues and become unbreakable?

In the film *Unbreakable*, David Dunn, is involved in a devastating train crash and walks away without a scratch, he learns that he is unbreakable. Faced with injury he heals almost immediately. First responders respond to volatile, uncertain, complex and ambiguous "VUCA" events daily, we see the worst in some, we see tragedy, we are asked to pick up the pieces of those who just experienced the worst thing they have ever experienced. In the process we pick up moral scars, if we aren't careful, we become fragile.

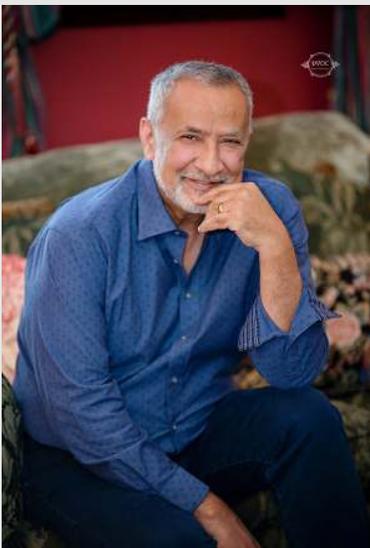
This class will provide 20 Imperative Laws fact-based information and debunk the numerous wellbeing, nutrition, health and wellness "fads" that exist. The instructors will empower attendees with practical scientific information to make positive changes to their psychological wellbeing, nutrition, fitness, and overall health. Attendees will leave this training session with the knowledge and resources to have better informed conversations with their healthcare providers and ultimately become the best advocates for their own health optimization.



Stephen A. Petrilli Jr.
Assistant Chief of Police
Normal Police Department, IL



Chief Mark Garcia
Senior Vice President &
Director, MAGNUS OVEA
Leadership



Dr. Mitch Javidi
Chancellor & Founder
National Command & Staff
College

This course will provide you with the 20 Imperative Laws for Wellness and Wellbeing including:

- Flush stress from your system to live a more vibrant life.
- Reverse from a stressful state to a calm state quickly.
- Insulin Resistance, Inflammation, Heart Health, Disease Prevention and how they are related.
- Guidance to help attendees understand their own blood work and how it relates to overall health.
- Employee Wellness Program development with a focus on Nutrition, Supplements, Fitness Training, Financial Planning and Mental Health Awareness.
- How to gauge success in wellness/fitness programs to include pre- and post-testing options and how to fund them.
- Nutrition instruction that will discuss in detail what to eat for reduction in bodily inflammation and health optimization. Personalized macro nutrient based nutritional protocols will be developed for everyone attending the session.
- How proper nutrition protocols directly relate to improved blood health markers, disease prevention, insulin response and reduction of bodily inflammation.
- The importance of adequate sleep, stress reduction hydration and recovery.



“Congratulations on a very successful leadership training program recently held in Southaven, Mississippi. I wanted each of you to know how powerful your presentation was and how the points mentioned hit the mark. It was a pleasure meeting both of you and if the DEA New Orleans Field Division can ever be of any assistance please do not hesitate to call... All the best, drive on and God Bless...”

Craig M. Wiles, Associate SAC, DEA – New Orleans Field Division



Our programs are is one of the most credible and cost-effective in the country. Our faculty includes an impressive array of law enforcement, military and academic experts who provide our students with the vital education they need during these challenging times. Our online & virtual live training program includes many of our most sought-after classes, offered in real time.

Contact Us

The National Command & Staff College

info@commandcollege.org
919.753.1127

338 Raleigh Street
Holly Springs, NC 27540