

Healthy Eating Guidelines

1. Portion control

What is the right amount to eat? That is a good question and has a different answer for everyone. I would say if you are in shape and not overweight or obese then keep doing what you are doing. If you are out of shape and over weight then start by eating smaller portions of the food you are eating now. Grabbing a large plate and filling it to the max is not the answer. Do not go back for seconds.

2. Eat slowly

Take your time and eat. It takes your brain about 20 minutes to catch up with your stomach to know you are full.

3. Eat natural foods.

If you look at the setup of a grocery store you will notice that the natural unprocessed foods (i.e. meats, fruits and vegetables) are on the outside of the store and the processed foods are in the middle store.

What are processed foods? Processed foods have been altered from their natural state for safety reasons and for convenience. The methods used for processing foods include canning, freezing, refrigeration, dehydration and aseptic processing. Not all processed foods are bad, read your labels.

A couple of reference diets are the Paleo Diet and The Zone diet.

4. Drink plenty of water.

Cut down on sodas and energy drinks. Try to minimize sugars and artificial sweeteners. If you are exercising you need to increase you water intake. Thirst is not an indicator that you need to drink water. If you are thirsty then you are already behind.

5. Self control/Motivation

How well you do is up to YOU!!! If you cannot control or modify your eating habits then you are not going to lose weight. What is your motivation? Do you want this job? What are you willing to do to make it happen? The results are up to you. If you succeed or fail you have no one to congratulate or blame but yourself.

Physical Testing Guidelines

Agility Test - The Illinois Agility Test is a challenging 15-20 seconds test that requires the students to run fast, stop quickly, change directions, and move the body from a laying position to a running stride as quickly as possible. The course is 30 feet long and 15 feet wide. Place four cones 10 feet apart at the 7.5 ft. line and the first and fourth cone at the zero and 30 ft line. A picture is worth a 1000 words.

SEE ATTACHED

Passing scores are **17.79 seconds or faster for men and 20.59 seconds or faster for women**. The best way to prepare for this test is do it over and over again. Do 5-10 times every other day at the end of a regular workout is recommended. You will be given a copy of the schematic. It is easy to set up and practice.

Endurance Test - (1.5 mile run) - The 1.5 mile run is a standard endurance test by military and law enforcement alike. **Passing scores for men are 13 minutes 33 seconds or faster and 17 minutes 15 seconds or faster for women**. The best way to prepare for this test is to create a goal, divide that goal by 6. This will equal your 1/4 mile pace you should set for yourself. If that goal is **17:00 minutes (females)**, your 1/4 mile pace is a 2:50, or 5:40 1/2 mile or 11:20 mile pace. If that goal is **13:00 minutes (males)**, your 1/4 mile pace is a 2:10, or 4:20 1/2 mile or 8:40 mile pace To reach this pace for 1.5 miles, try 1/4 mile repeats, 1/2 mile repeats, and mile repeats 3-5 days a week.

Upperbody Strength Test - (Bench Press) This very common exercise is done on a Universal type machine or free weights. Simply push up from laying on a bench as much weight as you can. You get as many tries as you like to work up to a maximum effort. Achieving your body weight is a good goal. Bench press, pushups, and triceps exercises are great exercises to do to assist in a better bench press. **Passing rates for men is 91.8% of your current body weight and for women is 49.42% of your current body weight.**

Example:

Men weight x .918 = bench

Women weight x .4942 = bench

200 x .918 = 183.6 pounds

150 x .4942 = 74.13 pounds

All this is up to you. If you prepare and do everything we have suggested you should not have any problems. Remember you do not rise to the level of the event you sink to the level of your preparation.

Good Luck.