

Physical Fitness and Wellness at the Hallandale Beach Police Department

Sonia Quinones

Due to the nature of core activities related to law enforcement, physical fitness is paramount. Police agencies require new recruits to pass a battery of fitness tests, but once officers are hired, physical fitness levels relevant to performance are no longer evaluated or tied to performance. Left to their own devices, officers' health and well-being decline for variable of reasons. Benefits and reasons why a physical fitness assessment program should be implemented are discussed. Explained are results of a survey of the Hallandale Beach Police Department's sworn law enforcement officers. The survey was implemented to assess officers' belief that a physical fitness program is relevant to performance. Recommendations for physical fitness program requirements are discussed.