

SOUTH CAROLINA LAW ENFORCEMENT DIVISION



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For Immediate Release

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SLED IMPLEMENTS FITNESS AND INJURY PREVENTION PROGRAM WITH COMMUNITY PARTNERS

The South Carolina Law Enforcement Division (SLED) announces the implementation of a comprehensive fitness program designed to improve the well-being of agents while assisting them with their daily, physical duties during training and other special operations.

The Fitness Program involves approximately fifty members of the SLED Bomb Squad and SLED Special Operations, which includes the SWAT, Tracking, and Aviation Units.

Members of these units were selected for the initial implementation of the program after reviewing injury frequency data.

These participants have incorporated this new program into their existing fitness and workout routines.

A full training exercise to demonstrate this program is set for **Friday, August 28, 2009** at the **Columbia Northwest YMCA** located at **1501 Kennerly Road, Irmo, S.C** from **1:30 until 4 PM**.

The idea came from an effort to reduce the number and severity of ankle, knee and lower body injuries by members of these special units while improving participants' overall fitness levels and goals.

This program will lower health insurance costs while increasing overall productivity of the agency.

Director Reggie Lloyd says, "Law enforcement is an extremely physical job across the board. We have agents who chase after fugitives and other criminals every day. There is a long list of strenuous activities these agents deal with on the job during operations and investigations. It's ideal to make sure they are protected mentally and physically."

The new fitness program was implemented on July 1, 2009 and will last until June 30, 2010.

At that time, the program will be evaluated for effectiveness and possible continuation.

Each SLED Agent participating is encouraged to document his or her conditioning routine to help fitness personnel determine how it can improve their strength and lessen injuries.

The **Federal Bureau of Investigation (FBI)** has agreed to donate the time and expertise of personal trainer, John Van Vorst for the program.

He is with the FBI Academy's Physical Training Unit and has 10 years of fitness, wellness and nutrition experience.

Lexington Medical Center's Community Outreach conducted complimentary health screenings at the onset of the SLED fitness program.

The **Columbia Northwest YMCA** is donating its facility for the full training exercise on Friday.

Event:

SLED Fitness and Injury Prevention Program

Location:

**Columbia Northwest YMCA
1501 Kennerly Road, Irmo, S.C**

Date/Time:

**Friday, August 28, 2009
1:30 – 4 PM**

Note to Media: The YMCA has already given media clearance for the event. There will be restrictions on photographing undercover SLED agents and children at the YMCA.

Interviews will be available.