



# SPEAKERS BUREAU



## Presentation Information

Presentation Category	Officer Fitness, Safety & Wellness
Presentation Title	Officer Health, Wellness and Fitness
Presentation Length	Customizable from 120 Minutes to 2 Days
Presentation Objective	To provide knowledge on essential health, fitness, and nutritional information
Presentation Description	This presentation provides cutting-edge information on the topic of officer wellness including essential health, fitness, and nutritional information.
Speaker Name & Session	Steve Petrilli, Jr. NA Session 264
Speaker Phone Number	309-262-2489
Speaker Email	<a href="mailto:spetrilli@normal.org">spetrilli@normal.org</a>
Speaker's Biography	<p>Steve Petrilli has been with the Normal Police Department for almost 26 years and is currently the Chief of Police. He has been a recruiter, FTO, SWAT Operator, and K-9 handler. Steve has held supervisory roles in Patrol, VICE, SWAT, Pro-Active Gang Crimes Unit, and for the Town of Normal Employee Wellness Committee. He is a graduate of Illinois State University (B.S.), Northwestern Police Staff and Command, and the FBI National Academy Session #264.</p> <p>Steve is a former college athlete, a CF-L1 Trainer, and has completed L-1 Power Athlete Methodology Training, CrossFit Law Enforcement Application Specialty Training, Lee Taft Speed School, and is a Nutritional Coaching Institute L-1 Nutrition Specialist. Steve is a certified Public Safety Wellness Instructor and currently a part-time Strength and Conditioning Coach at The Athlete Factory in Bloomington, Illinois. Steve has extensive experience training first responders, youth, high school, and collegiate athletes.</p>

	<p>Steve is a current Senior Faculty Member and Director of Officer Health and Wellbeing Education for the National Command and Staff College. Steve instructs on the topic of the First Responder Health, Wellness, and Fitness nationwide. Steve is a subject matter expert in health, wellness, and fitness for the Institute of Intergovernmental Research (IIR) and serves as an instructor for the Suicide Awareness for Law Enforcement Officers (SAFLEO) Program. Steve has authored numerous articles and blogs and has been featured on numerous podcasts for his knowledge, education, and application within the wellness space. Steve is also the founder of First Responder Health and Wellness LLC.</p>
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