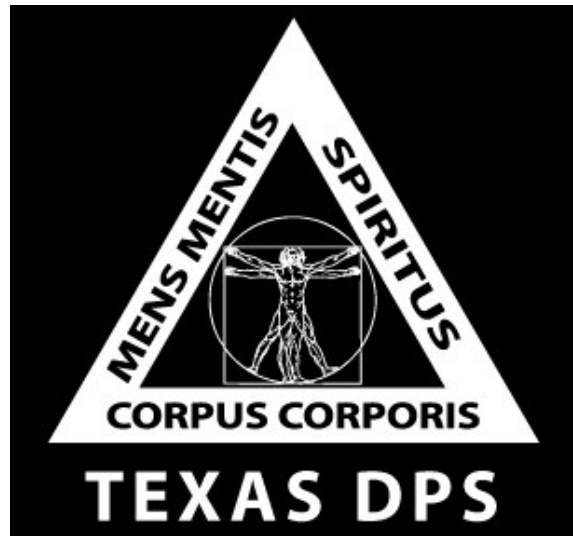


DPS Fitness Facilities

The DPS Fitness Center is available for all DPS employees to utilize to maintain physical fitness. The Fitness Center offers the following equipment:

- Free Weights
- Weight Machines
- Treadmills
- Elliptical Trainers
- Rings/Dip Bars
- Medicine Balls/Slam Balls/Sand Bells
- Jump Ropes
- Bands
- Pull Up Bars/Weight Racks
- Yoga blocks/Straps
- Rowers
- Track/Outdoor Fitness Area
- Kettle Bells
- Stepmills

HOURS: 24/7 for DPS Employees . Large weight room is occasionally reserved for Recruit Training.



Texas DPS Fitness Wellness Unit

Captain Greg Davis

Inst. Alexis Schminke

Inst. Rosemary Hohl-Chriswesser

Orlando Salinas, Statistician

Contact us via Email:

PhysicalFitness@dps.texas.gov

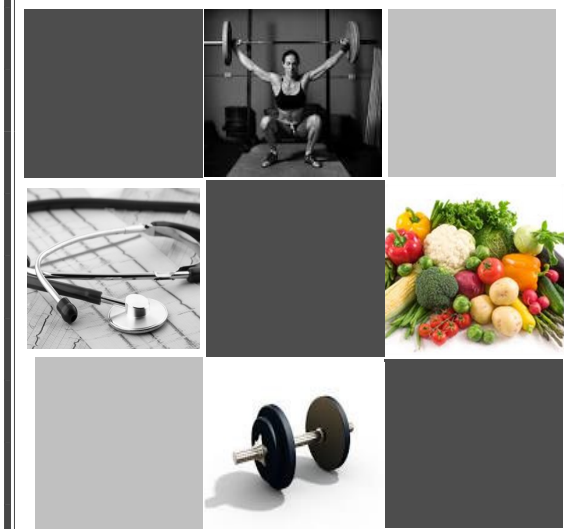
Texas Department of Public Safety

Education-Training-Research

Division

Law Enforcement Education

Texas Department of Public Safety Fitness & Wellness Program



Physical Fitness Policy for Non-Commissioned Personnel

The Texas Department of Public Safety Health and Physical Fitness Policy is designed to address the issue of good health and physical fitness for commissioned officers and recognize the benefit to non-commissioned personnel.

The key to good health and fitness lies in lifestyle. There is not a great deal that others can do to improve an officer's level of health and fitness. Each officer has an individual responsibility to maintain a level of fitness that permits him/her to carry out job responsibilities and safely handle any situation that may arise.

Unfortunately, good health and fitness does not "just happen"; therefore, personal goals must be established and effort must be put forth to achieve them. A fitness plan, which includes goals in the areas of nutrition, exercise, and weight control, will pay great dividends if carried out.

Non Commissioned Personnel may earn up to 16 hours of time off by maintaining a high level of fitness and participating in Physical Readiness Testing during testing cycles (Mar 1– May31 and Sep 1-Nov 30).

Personnel have three options for Physical Readiness Testing, which are can be found on the Physical Fitness Webpage at:

<http://www.txdps.state.tx.us/ETR/index.htm>



PROGRAMS AND SERVICES

Cross Training Classes

Cross training classes are high intensity, 30 minute classes that give you all you need to maintain health and fitness. These classes will emphasis cardiovascular training, muscular strength, and/or muscular endurance work for the upper and lower body on various days. All fitness levels welcome.

Total Conditioning

This class is 30 minutes and is for people of various fitness levels. The instructor will guide participants through cardio intervals alternating resistance training exercises that target the total body.

Wellness Lecture Series

Our informative, evidence based lectures are given periodically and can be scheduled with the unit if wanted for a particular division.



Daily Web Workouts

If you don't have time to get to the gym, the Fitness Unit posts workouts daily at : <http://www.txdps.state.tx.us/ETR/>

Monday	Tuesday	Wednesday	Thursday	Friday
6:30-7:00 Cross Training	6:30-7:00 Cross Training	6:30-7:00 Cross Training	6:30-7:00 Cross Training	6:30-7:00 Cross Training
11:40-12:10 Cross Training	11:40-12:10 Cross Training	11:40-12:10 Cross Training	11:40-12:10 Cross Training	
	12:20-12:50 Total Conditioning		12:20-12:50 Total Conditioning	