

## OSDT Wellness Instructor Training Program

The Office of Staff Development and Training congratulate the following employees on completing the OSDT Wellness Instructor Training Program June 15 - 17, 2015 at the OSDT Western Region Training Center located in Valdese, NC.

This twenty-four (24) hour program provides specialized certifications to instruct the OSDT Employee Fitness and Wellness Lesson Plans which are delivered in the Correctional Officer, Juvenile Justice Officer and Probation/Parole Basic Training Programs as well as Annual In-Service Training. Instructors were introduced to fitness and wellness as they relate to the overall fitness and wellness of the human body. The course provided training on coronary risk factors, human anatomy, exercise and safety, flexibility training, cardiovascular training, nutrition training and behavior change. Instructors participated in numerous physical fitness sessions that included several types of circuit training and flexibility training. Instructors were provided information and the necessary knowledge to assist DPS employees in meeting their wellness goals along with performing the essential job functions. Instructors successfully completed a practical demonstration and written examination.

Please join us in congratulating the newest OSDT Wellness Instructors....GREAT JOB!



**(L to R):** OSDT Instructor Mike Williams, Sam Arrowood, Lynne Petersen, LaCresa Morgan, Jennifer Mills, Christopher Brackett, OSDT Instructor Jesse Swartz