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PRESS RELEASE

FOR IMMEDIATE RELEASE

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PUTNAM COUNTY, TN – Worksite Wellness/Fitness Incentive Program

Sheriff Eddie Farris and the Putnam County Health Department recently partnered to offer a worksite wellness program for all Department employees. The Sheriff's Office Fitness Incentive Program encourages all employees to maintain and improve their physical wellbeing at a higher than average level.

Since January 2015, thirty four (34) deputies have joined the program. All participants were tested on aerobic capacity, strength, and endurance to identify those department members who have reached a desirable level of physical conditioning and to provide an incentive for continued physical wellness. The Fitness Incentive Program includes a cross fit shuttle run or a timed 1.5 mile run. The challenge will be administered twice a year at approximately six month intervals.

The Health Department provided on-site weekly weigh-in sessions; encouraged members to set personal wellness goals with healthy food choices and physical activity; and provided participants with a variety of weekly wellness materials and health education. Some weekly highlights included: Cooking Healthier, "Stop the Pop-No Sugar Here", Prevention Screening and Detection, and Be Wise-Exercise. Additionally, private sessions with a registered dietitian for nutrition counseling were available.

"Physical fitness is essential for our deputies," said Sheriff Farris. "Law enforcement is a demanding profession. Every time they put on that uniform, they never know what they are going to get involved in. It's a scientific fact that it takes a lot less time to act than it does to react. When it's a life or death situation, their training and physical fitness may be what brings them home alive. Plus, when you are eating right and exercising, you feel better, sleep better, and are generally more alert and confident. That's the type of dedication and professionalism we are striving for here at the Putnam County Sheriff's Office."

In late May/early June, 77 deputies completed the first Fitness Incentive challenge competing in either the cross fit shuttle run or the timed 1.5 mile run at TTU's Tucker Stadium. All of them passed and earned one extra vacation day as a reward for their successful completion of the challenge.

The next challenge will be held sometime in October.

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